

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Meat & Potato Pie	Spaghetti Bolognese	Roast of The Day	Chicken Tikka Marsala	Catch of the Day
VEGETARIAN MEAL	Chargrilled Vegetables & Mature Cheese Tart	Mac "N" Cheese	Herb Crusted Cauliflower Cheese Bake	Thai Red Fragrant Vegetable Curry	Big V Burger Stack
CARBS	New Potatoes	Spaghetti Garlic Bread	Herb Infused Roast Potatoes	Coriander White Rice Naan Bread	Chips or Jacket Potatoes
VEGETABLES	Seasonal Vegetables	Rainbow Coleslaw Mixed Leaf Salad	Seasonal Vegetables	Cucumber Refresher Salad	Mushy Peas or Baked Beans
DESSERT	Apple Crumble Pie with Custard	Lemon Sponge with Custard	Rhubarb & Ginger Crumble	Hot Chocolate Fudge Cake & Custard	Assorted Cold Pots

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cottage Pie	Homemade Lasagne	Roast of the Day	Chicken Curry	Catch of the Day
VEGETARIAN MEAL	Quorn Cottage Pie	Vegetable Lasagne	Mushroom & Butternut Squash in Puff Pastry Wellington	Chick Pea Potato & Spinach Curry	Mediterranean Vegetable Pasta Bake
CARBS	New Potatoes	Garlic Bread Spicy Wedges	Roast Potatoes	Coriander White Rice Naan Bread	Chips or Jacket Potatoes
VEGETABLES	Seasonal Vegetables	Naked 'Slaw with Lemon Dressing Mixed Leaf Salad	Seasonal Vegetables	Cucumber & Mint Raiti	Mushy Peas or Baked Beans
DESSERT	Lemon Sponge & Custard	Fruit Crumble with Custard	Chocolate Sponge with Custard	Jam & Coconut Sponge	Assorted Cold Pots

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef & Vegetable Topped w/with Puff Pastry	Moroccan Spiced Lamb Tagine	Roast of the Day	Fragrant Chicken Curry	Catch of the Dsy
VEGETARIAN MEAL	Spinach Cheese & Pesto in a Poppy Seed Parcel	Grilled Vegetable and Bean Quesadilla	Savoury Stuffed Pepper	Butternut Squash & Green Bean Curry	Cheese Tomato & Basil Pasta Bake
CARBS	Creamed Potatoes	Fruited Cous-Cous	Rosemary Infused Roast Potatoes	Coriander White Rice Naan Bread	Chips or Jacket Potatoes
VEGETABLES	Seasonal Vegetables	Naked 'Slaw with Lemon Dressing	Seasonal Vegetablesy	Cucumber Refresher Salad	Mushy Peas or Baked Beans
DESSERT	Treacle Sponge & Custard	Seasonal Fruit Eton Mess	Oaty Apple Crumble with Custard	Sultana Sponge With Custard	Assorted Cold Pots