

Innovate

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Chicken & Mushroom Puff Slice	Pasta Bolognese	Roast Ham	Chicken Tikka Marsala	Crispy Fish Served with Lemon Wedge
Vegetarian Meal	Cheese & Caramelized Onion Tart	Quorn Pasta Bolognese	Broccoli & Cauliflower Cheese Bake	Chinese Fragrant Vegetable Curry	Spanish omelette
Carbs	Herby Diced Potatoes	Garlic bread	Roast potatoes	Rice	Chips
Vegetables	Seasonal Vegetables	Mixed Salad Leaf	Baton carrots	Cucumber Raita	Baked beans
Dessert	Fruity Pie	Syrup Sponge	Apple Crumble	Banana Loaf	Assorted Cold Pots
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cottage Pie	Chilli Con Carne	Roast Turkey	Chicken tikka Marsala	Crispy Fish & Lemon
Vegetarian Meal	Quorn Cottage Pie	Vegan Veggi Chilli Con carne	Quorn Toad in the Hole	Quorn Chicken Tikka	Roasted Pepper Frittata
Carbs	Minted New Potatoes	White Rice	Rosemary Roasties	Rice	Chips
Vegetables	Seasonal vegetables	Naked Slaw	Parsnips & Carrot	Cucumber Raita	Baked Beans
Dessert	Egg Custard	Ginger Sponge	Fruit Crumble	Jam & Coconut Cake	Assorted Cold Pots
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Savoury Mince & Onion Pie	Spicy meatballs In Tomato Sauce	Roast Chicken Yorkie Stuffing	Chicken Tikka Marsala	Crispy Fish & Lemon
Vegetarian Meal	Chargrilled Vegetable Tart	Veggi Burger & Salsa	Broccoli & Cauliflower Herb Bake	Red Pad Thai Fragrant Curry	Savoury Stuffed Pepper
Carbs	Creamy Mash	Spaghetti	Herby Roasties	Rice	Chips
Vegetables	Seasonal Vegetables	Rainbow Coleslaw	Buttered Sliced Carrots	Cucumber Raita	Baked beans
Dessert	Apple Pie	Hot Chocolate Fudge Cake	Fruity Crumble	Fresh fruit salad	Assorted cold Pots

