

MAKE

GOOD CHOICES.

WEEK ONE MENU

MONDAY

Moroccan Spiced Chicken with Cous Cous and Lemon

Moroccan Spiced Chicken, Peppers and Tomatoes served with Cous Cous & Lemon

V Garlic Mushroom Macaroni Cheese

Macaroni Pasta in a Cheddar Cheese Sauce with Garlic & Mushrooms

Vegetables: Jacket Wedges, Cauliflower, Peas, Baked Beans, Mixed Garden Salad

TUESDAY

Turkey & Bacon Carbonara

Pasta in a Creamy Turkey & Bacon Sauce topped with Cheese

V Sweet Potato, Spinach & Lentil Frittata

Vegetables, Potato and Eggs - Oven Baked until Golden

Vegetables: Boiled Potatoes, Green Beans, Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments

V Vegan Chick Pea, Spinach & Aubergine Dhansak

Mildly Spiced Chick Pea, Spinach & Aubergine Curry

Vegetables: Roast Potatoes, Baton Carrots, Savoy Cabbage, Baked Beans
Mixed Garden Salad

THURSDAY

Spicy Beef Tortillas

Minced Beef in a Spicy Tomato Sauce, wrapped in a Tortilla & Baked with Cheese

V Sweet Chilli Quorn Stir-fry

Quorn with Sweet Chilli Sauce & Crisp Vegetables

Vegetables: Herby Potatoes, Mixed Vegetables, Baked Beans, Mixed Garden Salad

FRIDAY

Deep Fried Fish with Lemon

Battered Chicken

V Vegan Vegetable Burger served in a Bun

Vegetables: Chips, Peas, Baked Beans, Mixed Garden Salad

AVAILABLE DAILY:

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads
Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks

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WEEK TWO MENU

MONDAY

Oriental Chicken & Vegetable Stir-fry with Noodles

Stir Fried Chicken & Noodles with Garlic & Ginger - Finished with Crisp Vegetables

V Vegan Vegetarian Sausage served with Rich Onion Gravy

Oven Baked Vegetable Sausages in a Rich Onion Gravy

Vegetables: Creamed Potato, Broccoli, Carrots, Baked Beans, Mixed Garden Salad

TUESDAY

Pulled Chicken Bap

Slow Cooked Shredded Chicken in Barbecue Sauce served in a Bap

V Vegan Root Vegetable & Lentil Hotpot

Roasted Root Vegetables & Lentils in Gravy

Vegetables: Spicy Diced Potatoes, Sweetcorn, Peas, Baked Beans, Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments

V Pasta Primavera

Fusilli Pasta Tossed with Vegetables in a Garlic & Lemon Sauce

Vegetables: Roast Potatoes, Seasonal Greens, Mixed Vegetables, Baked Beans
Mixed Garden Salad

THURSDAY

Spicy Chicken Jalfrezi

Chicken in a Spicy Jalfrezi Curry Sauce

V Vegan Chick Pea & Vegetable Masala Wrap

Mildly Spiced Sweet Potato, Cauliflower & Chick Pea Curry in a Wrap

Vegetables: Herby Baked Potatoes, Broccoli, Diced Carrots, Baked Beans
Mixed Garden Salad

FRIDAY

Deep Fried Fish with Lemon

Battered Chicken

V Cheese & Tomato Pizza

Vegetables: Chips, Peas, Baked Beans, Mixed Garden Salad

AVAILABLE DAILY:

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads
Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks

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WEEK THREE MENU

MONDAY

Piri Piri Chicken Breast

Zingy Char-Grilled Chicken with a Mild Glaze

V Creamy Herb Topped Macaroni Cheese

Vegetables: Jacket Wedges, Garden Peas, Roasted Vegetables, Baked Beans
Mixed Garden Salad

TUESDAY

Spicy Lamb Keema

Minced Lamb in a Spicy Tomato Sauce, with Curry Spices, Ginger & Garlic

V Vegan Tex- Mex Mixed Bean Burrito

Vegetables: Rice, Sweetcorn, Green Beans, Baked Beans, Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments

V Shepards Pie

Vegetable Mince in a Herb & Tomato Sauce topped with Cheesy Potatoes

Vegetables: Roast Potatoes, Cauliflower, Sliced Carrots, Baked Beans
Mixed Garden Salad

THURSDAY

Chicken & Vegetable Enchiladas

Baked Chicken & Vegetable Tortillas with Cheese & Coriander

V Vegan Vegetable Enchilada

Vegetables, Beans & Lentils in a Rich Tomato Sauce served in a Wrap

Vegetables: Spicy Potatoes, Mixed Vegetables, Baked Beans, Mixed Garden Salad

FRIDAY

Deep Fried Fish with Lemon

Battered Chicken

V Vegetarian Hotdog

Smoky Vegetarian Bockwurst in a fluffy White Roll

Vegetables: Chips, Peas, Baked Beans, Mixed Garden Salad

AVAILABLE DAILY:

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads
Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks