



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Event	Pork Sausage with Onion Gravy	Beef Lasagne	Tandoori Chicken and Lemon Wedges	Roast Pork with Apple Sauce	Oven baked Fish Fingers
Meat Free Zone	Quorn Sausage with Onion	Butternut Lasagne with Garlic Bread	Vegetable Curry	Butternut Squash and Mushroom Risotto	Tomato and Mozzarella stuffed Mushrooms
Loaded Jackets	Jacket Potato with Cheesy Coleslaw filling	Jacket Potato with Tuna & Sweetcorn filling	Jacket Potato with Vegetable Curry filling	Jacket Potato with Beans and Cheese filling	Jacket Potato with Chipolata Sausage and Beans
Crunchy Salad	Cheese Salad	Tuna Salad	Egg Salad	Roast Meat Salad	Cream Cheese and Chive Salad
And to go with....	Mashed Potato Carrots and Peas	Italian Salad	Steamed rice Stir fried Cabbage, Pan fried Leeks	Rosemary Potatoes Broccoli and Glazed Carrots	Chips Beans Peas
Scrummy Puds!	Chocolate Chip Sponge Chocolate Sauce	Strawberry Mousse	Ginger Bread with Lemon Sauce	Raspberry Ripple Sponge	Orange Jelly Cream



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Event	Creamy Chicken Curry with Mango Chutney	BBQ Pork Casserole	Tomato Topped Macaroni Cheese	Homemade Lamb Meatballs in Tomato and Basil Sauce	Baked Alaskan Pollack
Meat Free Zone	Green Olive and Feta Stuffed Peppers	Mozzarella and Tomato Pizza	Red Onion and Tomato Pasta	Quorn Balls in Tomato and Red Onion Sauce	Spanish Omelette
Loaded Jackets	Jacket Potato with Coronation Chicken	Jacket Potato with Cream Cheese and Pineapple	Jacket Potato with Tuna	Jacket Potato with BBQ Baked Beans	Jacket Potato with Vegetable Curry
Crunchy Salad	Tuna Salad	Baked Ham Salad	Cottage Cheese and Pineapple Salad	Tomato and Pasta Salad	Egg Salad
And to go with....	Rice Poppodums with Yoghurt and Mint Dip	Creamed Potatoes Sweetcorn Green Beans	Homemade Garlic and Herb Bread	Spaghetti Roasted Peppers	Chips Green Beans and Carrots
Scrummy Puds!	Lime Jelly with Cream	Blueberry Muffin	Rice Pudding and Strawberry Sauce	Pear and Sultana Crumble with Custard	Fruit Sponge and Custard



Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Event	Chilli Con Carne	Oven Baked Salmon Fishcake with Tartar Sauce	Homemade Burgers in a Bun	Roast Chicken and Stuffing	Fish Fingers
Meat Free Zone	Quorn Chilli	Tomato, Olive and Mozzarella Quiche	Quorn Burgers in a Bun	Tomato and Cheddar Puff Bake	Broccoli and Cheddar Tart
Loaded Jackets	Jacket Potato with BBQ Baked Beans	Jacket Potato with Cottage Cheese and Chives	Jacket Potato Cheese and Beans	Jacket Potato with Coronation Chicken	Jacket Potato with Cheese
Crunchy Salad	Mackerel Salad	Egg Mayonnaise Salad	Ham Salad	Feta and Black Olive Salad	Quiche Salad
And to go with....	Steamed Rice Broccoli Florets	Creamed Potatoes Sweetcorn Green Beans	Jacket Wedges Stir fried Courgette Baked Beans	Lemon and Tyme Roast Potato Cauliflower Red Cabbage	Chips Sweetcorn Broccoli
Scrummy Puds!	Cherry Bread and Butter Pudding with Custard	Chocolate and Banana Muffin Slice	Apple and Berry Crumble with custard	Fresh Fruit Salad	Saltana Sponge and Custard



Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Event	Ham Sweetcorn Pasta Bake	Beef Cottage Pie	Roast Beef and Yorkshire Pudding	Sweet and Sour Chicken	Crispy Baked Cod
Meat Free Zone	Garlic and Cheesy Vegetable Pasta Bake	Quorn Cottage Pie	Creamy Quorn and Vegetable Pie	Sweet and Sour Roasted Vegetables	Herby CousCous and Stuffed Peppers
Loaded Jackets	Jacket Potato with Tuna and Sweetcorn	Jacket Potato with Chipolata Sausage and Baked Beans	Jacket Potato with Vegetable Chilli and Sour Cream	Jacket Potato with Cheesy Coleslaw	Jacket Potato with Coronation Chicken
Crunchy Salads	Prawn Salad	Turkey Salad	Tuna and Sweetcorn Salad	Pilchard in Tomato Sauce Salad	Italian Sausage and Mozzarella Salad
And to go with....	Garlic and Parsley Bread Sweetcorn	Cauliflower Carrot Batons	Roast Potatoes Baton Carrots Green Beans	Braised Rice Prawn Crackers Garlic Courgettes with Leeks	Chips Carrots Peas
Scrummy Puds!	Sponge with Vanilla Sauce	Peach Crumble and Cream	Rice Pudding and Mixed Berry Sauce	Chocolate Bread and Butter Pudding Chocolate Sauce	Cherry Flap Jack