

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Traditional beef lasagne, served with garlic bread	Chicken and vegetable stir fry served with egg noodles	Roast dinner with all the trimmings!	Sausage meat plait or minced beef slice served with onion gravy	Catch of the day served with tartare sauce and lemon wedge
Vegetarian Dish	Cheese, mushroom & tart	Shepherdess cottage pie with golden cheese topping	Sweet potato tagine with vegetable and apricot cous cous	Stuffed peppers with rice & beans	Leek, spinach Turnover
Grab & Go	Pizza	Pizza	BBQ Chicken	Sub Bar/ Wrap Bar	Pizza
Vegetables – always fresh except peas, corn and green beans	Carrots & peas Seasonal fresh vegetable	Sweetcorn Seasonal fresh vegetable	Spring greens Seasonal fresh vegetable	Roasted root vegetables Seasonal fresh vegetable	Garden peas / mushy peas Baked beans
Potato x 1 / 2 depending on accompaniment above	Potato Wedges	Jacket Potato	Thyme roast potatoes	Boulangere potatoes	Chipped potatoes
Smart Food	Carbonara	Tomato & Basil	Spicy meatball	Mushroom & spinach	Bolognaise
Hot Dessert	Chocolate sponge and chocolate sauce	Apricot slice with custard	Sticky toffee pudding with apricot and custard	Orange marmalade bread & butter pudding	Syrup sponge served with custard

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Cottage Pie	Chicken & mushroom pie topped with short crust pastry	Roast dinner with all the trimmings	Kofta meatball with a vegetable curry sauce and naan bread	Catch of the day served with home made tartare sauce and lemon wedge
Vegetarian Dish	Tomato, spinach & penne pasta bake	Aubergine, mushroom & lentil moussaka served with mixed salad	Roasted sweet potato and vegetable biryani	Butternut squash and spinach lasagne, served with garlic bread	Vegetable & bean pie
Grab & Go	Pizza	Barbecue chicken with rice	Pizza	Sub Bar/ Wrap Bar	pizza
Vegetables – always fresh except peas, corn and green beans	Carrots Seasonal fresh vegetable	Green beans Seasonal Fresh Vegetable	Medley of vegetables Seasonal fresh vegetable	Sweetcorn Seasonal fresh vegetable	Peas / mushy peas Baked beans Mixed salad
Potato x 1 / 2 depending on accompaniment above	Jacket Potato	Parsley potatoes	Garlic & herb roast potato	Cajun jacket wedges	Chips
Smart Food	Garlic & Mushroom	Ham & Cheese	Spicy Tomato	Bacon & Mushroom	Tomato & Cream Cheese
Hot Dessert	Winter Berry Crumble with Custard	Dutch Apple Pie with Custard	Steamed Marmalade sponge & custard	Apple brown Betty served with custard	Pineapple upside down cake & custard

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Beef and potato moussaka with aubergine	Turkey and leek pie with puff pastry	Roast Dinner with all the trimmings	Thai green chicken curry with boiled rice	Catch of the day served with home made tartare sauce and lemon wedges
Vegetarian Dish	Macaroni Cheese	Ratatouille & cheese pasta bake	Sweet potato tortilla with pepper sauce	Cheese and red onion tart	Spicy bean burger with salad and sweetcorn relish
Grab & Go	Barbecue chicken & rice	Pizza	Pizza	Sub Bar/Wrap bar	Pizza
Vegetables – always fresh except peas, corn and green beans	Green beans Mixed salad	Broccoli florets Seasonal fresh vegetable	Green cabbage Seasonal fresh vegetable	Green beans Mixed salad Seasonal fresh vegetable	Peas / mushy peas Baked beans Mixed salad
Potato x 1 / 2 depending on accompaniment above	Jacket Potato	Spring onion mash and / or wholegrain mustard mash	Roast Potatoes Rice	Vegetable and fruit cous cous Boiled rice	Chips
Smart Food Toppings	Carbonara	Tomato & Basil	Spicy Meatball	Creamy Mushroom	Bolognaise
Hot Dessert	Carrot cake with vanilla sauce	Peach rice pudding served with warm jam sauce	Steamed fruit sponge & custard	Apple bread & butter pudding	Chocolate and banana brownie with chocolate sauce