



MONDAY

MAIN MEAL	Chicken Korma
VEGGIE MEAL	Saag Aloo
SIDES	Jeera Rice, Chapati, Carrots & Roasted Cauliflower
DESSERT	Maryland Cookie



TUESDAY

MAIN MEAL	Beef & Vegetable Pie with Gravy
VEGGIE MEAL	Vegetable Hot Pot
SIDES	Mashed Potato, Broccoli & Carrots
DESSERT	Apple Crumble with Custard

WEDNESDAY

MAIN MEAL	Lemon & Thyme Roast Chicken with Gravy
VEGGIE MEAL	Cheese & Onion Tart
SIDES	Roasted Potatoes, Yorkshire Pudding & Seasonal Greens
DESSERT	Cherry Cornflake Cake

THURSDAY

MAIN MEAL	Chilli Con Carne
VEGGIE MEAL	Chilli Sin Carne
SIDES	Arroz Verde, Sweetcorn & Coleslaw
DESSERT	Chocolate & Pear Sponge

FRIDAY

MAIN MEAL	Battered Fish
VEGGIE MEAL	Vegan Burger
SIDES	Chips & Baked Beans
DESSERT	Banana Flapjack

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 1: 2ND SEPT, 23RD SEPT, 14TH OCT, 4TH NOV, 25TH NOV, 16TH DEC

**VERY
TASTY**



MONDAY

MAIN MEAL	Cumberland Sausage & Gravy
VEGGIE MEAL	Vegan Sausage & Gravy
SIDES	Mashed Potatoes, Carrots & Peas
DESSERT	Chocolate Rice Krispie Cake



TUESDAY

MAIN MEAL	Sweet & Sour Chicken
VEGGIE MEAL	Mushroom Chow mien
SIDES	Boiled Rice, Broccoli & Cauliflower
DESSERT	Apple & Carrot Flapjack

WEDNESDAY

MAIN MEAL	Honey Roast Gammon
VEGGIE MEAL	Cauliflower Cheese
SIDES	Roasted Potatoes, Yorkshire Pudding & Seasonal Greens
DESSERT	Lemon Drizzle Sponge

THURSDAY

MAIN MEAL	Meatball Marinara
VEGGIE MEAL	Pomodoro Sauce
SIDES	Spaghetti, Garlic Bread, Carrots & Peas
DESSERT	Oat Cookie

FRIDAY

MAIN MEAL	Battered Fish or Grilled Sausages
VEGGIE MEAL	Vegetable Burrito
SIDES	Chips & Baked Beans
DESSERT	Chocolate & Beetroot Brownie

JACKET & PASTA BAR AVAILABLE DAILY
WEEK 2: 9TH SEPT, 30TH SEPT, 21ST OCT, 11TH NOV, 2ND DEC



MONDAY

MAIN MEAL	Roast Char Siu Chicken
VEGGIE MEAL	Sweet & Sour Vegetables
SIDES	Boiled Rice, Spring Rolls & Pan Fried Cabbage
DESSERT	Orange Shortbread Biscuit



TUESDAY

MAIN MEAL	Chicken Fajita
VEGGIE MEAL	Vegetable Fajita
SIDES	Taco, Tex Mex Wedges & Broccoli
DESSERT	Apple & Parsnip Cake

WEDNESDAY

MAIN MEAL	Jerk Chicken
VEGGIE MEAL	Jamaican Coconut & Vegetable Curry
SIDES	Rice & Peas, Spicy Slaw
DESSERT	Chocolate Shortbread

THURSDAY

MAIN MEAL	Goan Pulled Pork
VEGGIE MEAL	Vegetable Pasanda
SIDES	Bombay Potatoes, Garlic & Coriander Naan & Carrots
DESSERT	Carrot Cake

FRIDAY

MAIN MEAL	Battered Fish
VEGGIE MEAL	Vegan Goujons & Chips
SIDES	Chips & Baked Beans
DESSERT	Cherry Cookie

JACKET & PASTA BAR AVAILABLE DAILY
WEEK 3: 16TH SEPT, 7TH OCT, 28TH OCT, 18TH NOV, 9TH DEC