



# Week one menu



## Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Sausages in gravy</b> Pork and leek sausages in onion gravy	<b>Beef Lasagne</b> Layers of minced beef in tomato sauce, white sauce and pasta	<b>Pork Meatballs in a tomato &amp; herb sauce</b> Pork cooked in a tomato, onion & herb sauce	<b>Chicken Korma (GF)</b> Diced chicken in a creamy coconut sauce	<b>Cottage Pie (GF)</b> Minced beef in herb gravy topped with mashed potato
<b>Vegetarian option</b>	<b>Vegetarian Hotpot (GF)</b> Quorn with haricot beans and mixed peppers in a vegetable sauce topped with sautéed potatoes	<b>Penne pasta in basil &amp; tomato sauce</b> Simple and lovely	<b>Potato, Cheese &amp; leek bake (GF)</b> Herby diced potato with leeks in a cheese sauce	<b>Vegetarian tikka masala (GF)</b> Quorn in a creamy tomato & yoghurt sauce	<b>Vegetarian cottage pie (GF)</b> meat free mince in gravy, topped with mashed potato and Cheddar cheese
<b>Side dish</b>	<b>Roast potatoes Sweetcorn</b>	<b>Green beans carrots</b>	<b>Mashed potato sweetcorn</b>	<b>Yellow rice Peas</b>	<b>Broccoli carrots</b>
<b>Dessert</b>	<b>Creamy Rice Pudding (GF)</b> Chef Liam's creamy rice pudding	<b>Chocolate sponge &amp; Custard (GF)</b> A light and delicate sponge	<b>Bananas &amp; custard</b>	<b>Creamy Rice Pudding (GF)</b> Chef Liam's creamy rice pudding	<b>Plain vanilla sponge &amp; Custard (GF)</b> A light and delicate sponge

## Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Chicken Korma (GF)</b> Diced chicken in a creamy coconut sauce	<b>Cottage pie (GF)</b> Minced beef in herb gravy topped with mashed potato	<b>Penne pasta in basil &amp; tomato sauce</b> Simple and lovely	<b>Macaroni Cheese</b> Everyone's favourite pasta in a cheesy sauce	<b>Sausages &amp; baked beans</b>
<b>Vegetarian Option</b>	<b>Chana Masala (GF)</b> Chickpeas, onion & red peppers in a tomato, coriander & cumin sauce	<b>Vegetarian cottage pie (GF)</b> meat free mince in gravy, topped with mashed potato and Cheddar cheese	<b>Creamy vegetable cheese bake (GF)</b> courgette, broccoli, green beans and peas in a creamy cheese sauce, topped with diced potato	<b>Potato, Cheese &amp; Leek bake (GF)</b> Herby diced potato with leeks in a cheese sauce	<b>Fish Goujons</b> Breaded strips of white fish
<b>Side dish</b>	<b>Yellow rice Green beans</b>	<b>Broccoli Peas</b>	<b>Sweetcorn</b>	<b>Broccoli Carrots</b>	<b>Alphabites/smiley faces Baked beans</b>
<b>Dessert</b>	<b>Yoghurt (GF) &amp; cookie</b>	<b>Ice cream</b>	<b>Chocolate sponge &amp; Custard (GF)</b> A light and delicate sponge	<b>Banana &amp; custard (GF)</b>	<b>Creamy Rice Pudding (GF)</b> Chef Liam's creamy rice pudding