



Week one menu



Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork & apple casserole (GF) Diced pork & apple in a rich sauce with onion, swede, parsnips, pepper, mushroom	Beef Lasagne Layers of minced beef in tomato sauce, white sauce and pasta	Chicken Chasseur (GF) Diced chicken & sliced mushroom in a tomato & white sauce	Fab Fish Pie (GF) Salmon, Smoked Haddock & white fish in a creamy sauce	Pork Meatballs in a tomato & herb sauce
Vegetarian option	Moroccan bean casserole (GF) Haricot, Butter & Borlotti beans in a fruity, spicy sauce	Bean Chilli (GF) red kidney beans, borlotti beans, haricot beans and lentils in a chilli sauce	Baked vegetable pie Shortcrust pastry filled with mixed vegetables & potato in a cheese sauce		Tomato, Lentil & sweet potato crumble
Side dish	Roast potatoes & Broccoli	Mixed vegetables	Baby potatoes & sweetcorn	Sliced carrots	Vegetable rice White rice with peas. Cabbage, carrot, pepper & spring onion
Dessert	Chocolate Sponge (GF) & custard A light & delicate choccy sponge	Peach & Apricot filling (GF) Delicious sweet peaches with apricots	Apple Crumble & custard Classic British dessert of Bramley apples topped with a golden crumble	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding	Fruit Jelly (GF)

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Macaroni Cheese Everyone's favourite pasta in a cheesy sauce	Chicken Goujons Diced breaded chicken	Potato, Cheese & Leek bake (GF) Herby diced potato with leeks in a cheese sauce	Chicken in black bean sauce Chicken pieces with black soya beans in a sweet & sour sauce	Cauliflower & Broccoli Pasta Penne pasta, cauliflower and broccoli in a white sauce
Vegetarian Option	Chana Masala (GF)	Fish Goujons		Bean chilli (GF) kidney beans in a spiced tomato sauce	
Side dish	Peas	Potato wedges & baked beans	Sliced Carrots	White Rice Mixed veg	Green beans
Dessert	Apple & Strawberry filling (GF) Delicious sweet apple with chopped strawberries	Banana's & custard (GF)	Bakewell Tart Pastry case layered with jam & almond flavoured sponge batter	Strawberry mousse	Apricot Crumble & custard Super sweet cooked apricots topped with a golden crumble