



Week two menu



Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Cottage Pie (GF) Minced beef in herb gravy topped with mashed potato	Sweet & Sour Chicken (GF) Chicken fillet strips with pineapple in a fruity sauce	Sausages in gravy Pork & leek sausages in onion gravy	Pasta Bolognaise Penne pasta with minced beef in a rich tomato sauce	Sausage & Bean crumble Sliced sausage With tomato bean & bacon filling topped with a savoury crumble
Vegetarian Option	Vegetarian cottage pie (GF) meat free mince in gravy, topped with mashed potato and Cheddar cheese	Moroccan bean casserole (GF) Haricot, Butter & Barlotti beans in a fruity spicy sauce	Vegetarian Hotpot (GF) Quorn with haricot beans and mixed peppers in a vegetable sauce, topped with sautéed potatoes	Bean chilli (GF) Kidney beans in a spiced tomato sauce	Vegetable crumble Carrots, broccoli, Peas mushroom, sweetcorn, green beans in a cheese sauce & cheese crumble
Side dish	Mixed Vegetables Carrot, cauliflower, green beans & peas	White Rice & vegetable medley Green beans, peas, carrot tips, sweetcorn & red pepper	Mashed Root Veg Carrot, parsnip & swede Broccoli	Sweetcorn	Cut Green Beans
Dessert	Fruit salad (GF) A selection of peaches, mandarins & pears	Pineapple sponge & Custard	Banana's and custard (GF)	Chocolate Sponge (GF) & custard	Apple & strawberry filling (GF)

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Penne pasta in basil & tomato sauce	Creamy vegetable cheese bake (GF) courgette, broccoli, green beans & peas in a creamy cheese sauce topped with diced potato	Chicken Korma (GF) Diced chicken in a creamy coconut sauce	Baked vegetable pie Shortcrust pastry filled with mixed vegetables & potato in a cheese sauce	Chicken, Cheese & Bacon bake (GF) Diced chicken, cheese & bacon topped with sauté potatoes
Vegetarian Option	Chana Masala (GF) Chickpeas, onion & red peppers in a tomato, coriander & cumin sauce		Cauliflower, Spinach & Lentil curry (GF) Mild spicy tomato & coconut sauce	Vegetarian Hotpot (GF)	Creamy vegetable cheese bake (GF)
Side dish	Sweetcorn	Croquette Potatoes (GF) & broccoli	Yellow rice & green beans	Sliced Carrots & Mashed root veg Carrot, parsnip & swede	Peas
Dessert	Peach & Apricot filling (GF)	Chocolate Mousse	Vanilla Yoghurt with raisin & oat cookie	Banana's & custard (GF)	Creamy rice pudding (GF) Chef Liam's creamy rice pudding