



Week two menu



Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sweet & Sour Chicken (GF) Chicken fillet strips with pineapple in a fruity sauce	Pork Meatballs in a tomato & herb sauce Pork cooked in a tomato, onion & herb sauce	Sausages in gravy Pork and leek sausages in onion gravy	Pasta Bolognese Penne pasta with minced beef in a rich tomato sauce	Chicken Korma (GF) Diced chicken in a creamy coconut sauce
Vegetarian option	Penne pasta in basil & tomato sauce Simple and lovely	Potato, Cheese & Leek bake (GF) Herby diced potato with leeks in a cheese sauce	Vegetarian Hotpot (GF) Quorn with haricot beans, mixed peppers in a vegetable sauce topped with potatoes	Macaroni Cheese Everyone's favourite pasta in a cheesy sauce	Chana Masala (GF) Chickpeas, onion & red peppers in a tomato, coriander & cumin sauce
Side dish	White rice Sliced carrot	Roast potatoes Green beans	Mashed potato Broccoli	Sweetcorn Peas	Yellow rice Peas
Dessert	Chocolate Sponge (GF) & custard A light & delicate sponge	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding	Plain vanilla sponge & Custard (GF) A light and delicate sponge	Banana & custard (GF)	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Macaroni Cheese Everyone's favourite pasta in a cheesy sauce	Chicken Goujons Diced breaded chicken	Cottage pie (GF) Minced beef in herb gravy topped with mashed potato	Creamy vegetable cheese bake (GF) courgette, broccoli, green beans and peas in a creamy cheese sauce, topped with potato	Beef Lasagne Layers of minced beef in tomato sauce, white sauce and pasta
Vegetarian Option	Potato, Cheese & Leek bake (GF) Herby diced potato with leeks in a cheese sauce	Fish Goujons Breaded strips of white fish	Vegetarian cottage pie (GF) Meat free mince in gravy topped with mashed potato & cheddar cheese	Chana Masala (GF) Chickpeas, onion & red peppers in a tomato, coriander & cumin sauce	Vegetarian Hotpot (GF) Quorn with haricot beans, mixed peppers in a vegetable sauce topped with potatoes
Side dish	Peas Sweetcorn	Alphabites/smiley faces Baked beans	Carrots Broccoli	Green beans Sliced carrots	Peas
Dessert	Ice cream	Custard & cookie	Yoghurt (GF) & cookie	Chocolate Sponge (GF) & custard A light & delicate sponge	Bananas & custard

