



Week three menu



Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Tikka Masala Diced chicken with a spicy yogurt sauce	Pork Meatballs in a Tomato & herb sauce	Sliced Chicken in Gravy Sliced chicken breast in rich gravy	Salmon & Broccoli bake Salmon & broccoli in a white sauce topped with a savoury crumble	Sausage Casserole Cumberland sausage in a tomato bean & lentil sauce
Vegetarian option	Vegetarian Tikka Masala Quorn in a creamy tomato & yoghurt sauce	Tomato, Lentil & Sweet potato crumble	Mushroom, Leek & Pepper roast loaf		Vegetarian Sausage casserole Sliced sausage with haricot beans & vegetables in gravy
Side dish	White Rice	Vegetable Rice White rice with Peas, cabbage, carrot, pepper & spring onion	Roast Potatoes & Mixed Vegetables Carrot, cauliflower, green beans & peas	Minted Summer Vegetables Green beans & peas with fragrant fresh mint	Mashed Potatoes & sliced carrots
Dessert	Jam sponge Raspberry, plum & apple jam topped with vanilla sponge batter	Creamy Rice Pudding Chef Liam's creamy rice pudding	Apricot crumble Cooked apricot sauce topped with crumble mix	Banana's & custard	Chocolate Sponge A light & delicate chocolate sponge

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Fish Goujons	Chicken in black bean sauce Chicken pieces with black soya beans in a sweet & sour sauce	Chilli con Carne Minced beef & red kidney beans in a spicy tomato sauce	Chicken Korma Diced chicken in a creamy coconut sauce	Pasta in cheese sauce Macaroni in Cheddar cheese sauce
Vegetarian option		Chana Masala Chickpeas, onion, & red peppers in a tomato, coriander & cumin sauce	Bean Chilli kidney beans in a spiced tomato sauce	Cauliflower, Spinach & Lentil curry Mild spicy tomato & coconut sauce	
Side dish	Potato wedges & Minted summer vegetables Green beans & peas with fresh mint	Baby potatoes & sliced Carrots	White Rice	Yellow rice & green beans Fragrant basmati rice with cut green beans	Mixed Vegetables Carrot, cauliflower, green beans & peas
Dessert	Vanilla yoghurt with raisin & oat cookie	Strawberry mousse	Chocolate chip sponge Chocolate in a sponge batter sauce	Apple crumble Apple in a sweet sauce topped with a crumble mix	Lemon sponge Scillian Lemon flavoured sponge