



Week two menu



Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Cottage Pie Minced beef in herb gravy topped with mashed potato	Sweet & Sour Chicken 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	Moroccan bean casserole	Baked vegetable pie Shortcrust pastry filled with mixed vegetables & potato in a cheese sauce	Pasta in cheese sauce	Vegetarian crumble Carrots, broccoli, Peas mushroom, sweetcorn, green beans in a cheese sauce & cheese crumble
Side dish	Mixed Vegetables Carrot, cauliflower, green beans & peas	Vegetable Rice White rice with cabbage, carrot, pepper, spring onion & peas	Mashed Root Vegetables Carrot, parsnip & swede Broccoli	Sweetcorn	Cut Green Beans
Dessert	Pineapple sponge & Custard	Peach & Apricot compot	Fruit jelly	Chocolate chip sponge	Apple Compot

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Penne pasta in basil & tomato sauce	Creamy vegetable cheese bake courgette, broccoli, green beans & peas in a creamy cheese sauce topped with diced potato	Tuna pasta bake Tuna fish & pasta in a white fish sauce topped with cheese	Baked vegetable pie Shortcrust pastry filled with mixed vegetables & potato in a cheese sauce	Chicken, Cheese & Bacon bake Diced chicken, cheese & bacon topped with sauté potatoes
Vegetarian Option					Creamy vegetable cheese bake
Side dish	Sweetcorn	Croquette Potatoes & Baked beans	Peas	Sliced Carrots	Peas
Dessert	Apple sponge Apple in a sweet sauce topped with vanilla sponge batter	Chocolate Mousse	Banana's & custard	Apple Cake Spiced apples cooked in a vanilla sponge cake topped with demerara sugar	Trifle