



Week one menu



Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sausages in gravy Pork and leek sausages in onion gravy	Beef Lasagne Layers of minced beef in tomato sauce, white sauce and pasta	Pork Meatballs in a tomato & herb sauce Pork cooked in a tomato, onion & herb sauce	Chicken tikka masala (GF) Diced chicken with a spicy yoghurt sauce	Cottage Pie (GF) Minced beef in herb gravy topped with mashed potato
Vegetarian option	Vegetarian Hotpot (GF) Quorn with haricot beans and mixed peppers in a vegetable sauce topped with sautéed potatoes	Bean Chilli (GF) red kidney beans, borlotti beans, haricot beans and lentils in a chilli sauce	Cauliflower, Spinach & lentil curry (GF) Vegetables in a mild spicy tomato & coconut sauce	Vegetarian tikka masala (GF) Quorn in a creamy tomato & yoghurt sauce	Vegetarian cottage pie (GF) meat free mince in gravy, topped with mashed potato and Cheddar cheese
Side dish	Roast potatoes Sliced carrots	Mixed vegetables Carrot, cauliflower, green beans & peas	Vegetable rice White rice with peas, cabbage, carrot, pepper & spring onion sweetcorn	White rice Peas	Mixed Vegetables Carrot, cauliflower, green beans & peas
Dessert	Peach & Apricot filling (GF) Delicious cooked sweet peaches with apricots	Fruit & ice cream (GF) Seasonal fruit with vanilla ice cream	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding	Apple & Strawberry filling (GF) Delicious sweet apple with chopped strawberries	Apple Crumble & custard Classic British dessert of Bramley apples topped with a golden crumble

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Korma (GF) Diced chicken in a creamy coconut sauce	Sweet & Sour Chicken (GF) Chicken fillet strips with pineapple in a fruity sauce	Penne pasta in basil & tomato sauce Simple and lovely	Macaroni Cheese Everyone's favourite pasta in a cheesy sauce	Chicken Goujons Diced breaded chicken
Vegetarian Option	Chana Masala (GF) Chickpeas, onion & red peppers in a tomato, coriander & cumin sauce	Moroccan bean casserole (GF) Haricot, Butter & Barlotti beans in a fruity spicy sauce	Creamy vegetable cheese bake (GF) courgette, broccoli, green beans and peas in a creamy cheese sauce, topped with diced potato	Potato, Cheese & leek bake (GF) Herby diced potato with leeks in a cheese sauce	Fish Goujons Breaded strips of white fish
Side dish	White rice Green beans	White rice Sweetcorn	Peas	Broccoli Carrots	Potato wedges Baked beans
Dessert	Vanilla Yoghurt (GF) Raisin & oat cookie	Peach & Apricot filling (GF) Delicious cooked sweet peaches with apricots	Chocolate sponge & Custard (GF) A light and delicate sponge	Banana & custard (GF)	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding