



# Week two menu



## Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Pork Meatballs in a tomato &amp; herb sauce</b> Pork cooked in a tomato, onion & herb sauce	<b>Sweet &amp; Sour Chicken (GF)</b> Chicken fillet strips with pineapple in a fruity sauce	<b>Pasta Bolognese</b> Penne pasta with minced beef in a rich tomato sauce	<b>Sausages in gravy</b> Pork and leek sausages in onion gravy	<b>Chicken Korma (GF)</b> Diced chicken in a creamy coconut sauce
<b>Vegetarian option</b>	<b>Cauliflower, spinach &amp; Lentil curry (GF)</b> A mild spicy tomato & coconut sauce	<b>Potato, Cheese &amp; leek bake (GF)</b> Herby diced potato with leeks in a cheese sauce	<b>Chicken, Cheese &amp; Bacon bake (GF)</b> Diced chicken, cheese & bacon topped with sauté potatoes	<b>Vegetarian Hotpot (GF)</b> Quorn with haricot beans, mixed peppers in a vegetable sauce topped with potatoes	<b>Chana Masala (GF)</b> Chickpeas, onion & red peppers in a tomato, coriander & cumin sauce
<b>Side dish</b>	<b>Vegetable rice</b> White rice with peas. Cabbage, carrot, pepper & spring onion <b>Sliced carrot</b>	<b>White rice</b> <b>Green beans</b>	<b>Sweetcorn</b> <b>Peas</b>	<b>Mashed root vegetable</b> Carrot, parsnip & swede <b>Broccoli</b>	<b>Yellow rice</b> <b>Peas</b>
<b>Dessert</b>	<b>Creamy Rice Pudding (GF)</b> Chef Liam's creamy rice pudding	<b>Chocolate Sponge (GF) &amp; custard</b> A light & delicate sponge	<b>Apple &amp; Strawberry filling (GF)</b> Delicious sweet apple with chopped strawberries	<b>Banana &amp; custard (GF)</b>	<b>Chocolate angel delight</b>

## Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Macaroni Cheese</b> Everyone's favourite pasta in a cheesy sauce	<b>Chicken Goujons</b> Diced breaded chicken	<b>Cottage pie (GF)</b> Minced beef in herb gravy topped with mashed potato	<b>Creamy vegetable cheese bake (GF)</b> courgette, broccoli, green beans and peas in a creamy cheese sauce, topped with potato	<b>Beef Lasagne</b> Layers of minced beef in tomato sauce, white sauce and pasta
<b>Vegetarian Option</b>	<b>Potato, Cheese &amp; Leek bake (GF)</b> Herby diced potato with leeks in a cheese sauce	<b>Fish Pie (GF)</b> Salmon, Smoked Haddock & white fish in a creamy sauce	<b>Vegetarian cottage pie (GF)</b> Meat free mince in gravy topped with mashed potato & cheddar cheese	<b>Chana Masala (GF)</b> Chickpeas, onion & red peppers in a tomato, coriander & cumin sauce	<b>Bean chilli (GF)</b> red kidney beans, borlotti beans, haricot beans and lentils in a chilli sauce
<b>Side dish</b>	<b>Peas</b> <b>Sweetcorn</b>	<b>Potato wedges</b> <b>baked beans</b>	<b>Vegetable medley</b> Green beans, peas, carrot tips, sweetcorn & red pepper	<b>Croquette potatoes</b> <b>Sliced carrots</b>	<b>Mixed vegetables</b> Carrot, cauliflower, green beans & peas
<b>Dessert</b>	<b>Apple &amp; Strawberry filling (GF)</b> Delicious sweet apple with chopped strawberries	<b>Creamy Rice Pudding (GF)</b> Chef Liam's creamy rice pudding	<b>Chocolate Sponge (GF) &amp; custard</b> A light & delicate sponge	<b>Vanilla Yoghurt (GF)</b> <b>Raisin &amp; oat cookie</b>	<b>Peach &amp; Apricot filling (GF)</b> Delicious sweet cooked peaches with apricots