



Week one menu



Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork & apple casserole Diced pork & apple in a rich sauce with onion, swede, parsnips, pepper, mushroom	Beef Lasagne Layers of minced beef in tomato sauce, white sauce and pasta	Chicken Chasseur Diced chicken & sliced mushroom in a tomato & white sauce	Fab Fish Pie Salmon, Smoked Haddock & white fish in a creamy sauce	Beef casserole Diced beef in a rich onion gravy with parsnips, swede, mushroom, peppers
Vegetarian option	Moroccan bean casserole Haricot, Butter & Borlotti beans in a fruity, spicy sauce	Vegetable Lasagne Layers of onions, peppers, mushrooms & peppers in tomato & white sauce topped with cheese	Baked vegetable pie Shortcrust pastry filled with mixed vegetables & potato in a cheese sauce		Vegetarian Hotpot Quorn with haricot beans & mixed peppers in a vegetable sauce topped with sautéed potatoes
Side dish	Roast potatoes & sliced carrots	Peas	White Rice & sweetcorn	Summer minted Vegetables Green beans & peas with fragrant fresh mint	Sliced carrot
Dessert	Chocolate Sponge A light & delicate choccy sponge	Peach & Apricot Compot Delicious sweet peaches with apricots	Apple Crumble Classic British dessert of Bramley apples topped with a golden crumble	Creamy Rice Pudding Chef Liam's creamy rice pudding	Raspberry Pudding Raspberry puree & jam sauce topped with vanilla sponge

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Macaroni Cheese Everyone's favourite pasta in a cheesy sauce	Chicken goujons Diced breaded chicken	Potato, Cheese & Leek bake Herby diced potato with leeks in a cheese sauce	Chilli Con Carne Minced beef & kidney beans in a spiced tomato sauce	Cauliflower & Broccoli Pasta Penne pasta, cauliflower and broccoli in a white sauce
Vegetarian Option		Fish Goujons		Bean chilli kidney beans in a spiced tomato sauce	
Side dish	Peas	Potato wedges & baked beans	Sliced Carrots	White Rice	Green beans
Dessert	Apple & Strawberry compot Delicious sweet apple with chopped strawberries	Jam Sponge Raspberry, plum & apple jam topped with vanilla sponge batter	Bakewell Tart Pastry case layered with jam & almond flavoured sponge batter	Apricot Crumble	Lemon sponge Scillian Lemon flavoured sponge