



# Week three menu



## Lunch

|                          | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--------------------------|--|---|---|--|---|
| <b>Main Meal</b>         | <b>Chicken Tikka Masala</b><br>Diced chicken with a spicy yogurt sauce     | <b>Pork Meatballs in a Tomato &amp; herb sauce</b>                                    | <b>Sliced Chicken in Gravy</b><br>Sliced chicken breast in rich gravy                   | <b>Sausage Casserole</b><br>Cumberland sausage in a tomato bean & lentil sauce                 | <b>Pasta Bolognese</b><br>Penne pasta with minced beef in a rich tomato sauce |
| <b>Vegetarian option</b> | <b>Vegetarian Tikka Masala</b><br>Quorn in a creamy tomato & yoghurt sauce | <b>Tomato, Lentil &amp; Sweet potato crumble</b>                                      | <b>Mushroom, Leek &amp; Pepper roast loaf</b>   | <b>Vegetarian Sausage casserole</b><br>Sliced sausage with haricot beans & vegetables in gravy | <b>Pasta in cheese sauce</b>  |
| <b>Side dish</b>         | <b>White Rice</b>  | <b>Vegetable Rice</b><br>White rice with Peas, cabbage, carrot, pepper & spring onion | <b>Roast Potatoes &amp; Mixed Vegetables</b><br>Carrot, cauliflower, green beans & peas | <b>Mashed Potatoes &amp; sliced carrots</b>  | <b>Peas</b>   |
| <b>Dessert</b>           | <b>Trifle</b>  | <b>Creamy Rice Pudding</b><br>Chef Liam's creamy rice pudding                         | <b>Apricot crumble &amp; custard</b><br>Cooked apricot sauce topped with crumble mix    | <b>Chocolate Sponge</b><br>A light & delicate chocolate sponge                                 | <b>Banana's &amp; custard</b>   |

## Tea

|                          | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|--------------------------|---|--|---|--|--|
| <b>Main Meal</b>         | <b>Fish Goujons</b>   | <b>Chicken in black bean sauce</b><br>Chicken pieces with black soya beans in a sweet & sour sauce | <b>Cottage Pie</b><br>Minced beef in herb gravy topped with mashed potato   | <b>Pasta in cheese sauce</b><br>Macaroni in cheddar cheese sauce   | <b>Chicken Korma</b><br>Diced chicken in a creamy coconut sauce                        |
| <b>Vegetarian option</b> |   | <b>Chana Masala</b><br>Chickpeas, onion, & red peppers in a tomato, coriander & cumin sauce        | <b>Vegetarian cottage pie</b>   |  | <b>Cauliflower, Spinach &amp; Lentil curry</b><br>Mild spicy tomato & coconut sauce    |
| <b>Side dish</b>         | <b>Potato wedges &amp; Minted summer vegetables</b><br>Green beans & peas with fresh mint | <b>Baby potatoes &amp; sliced Carrots</b>  | <b>Peas Carrots</b>   | <b>Mixed Vegetables</b><br>Carrot, cauliflower, green beans & peas | <b>Yellow rice &amp; green beans</b><br>Fragrant basmati rice with cut green beans     |
| <b>Dessert</b>           | <b>Vanilla yoghurt with raisin &amp; oat cookie</b>                                       | <b>Strawberry mousse</b>   | <b>Pineapple sponge &amp; custard</b><br>Pineapple in a sponge batter sauce | <b>Fruit jelly &amp; raisin &amp; oat biscuit</b>                  | <b>Apple crumble &amp; custard</b><br>Apple in a sweet sauce topped with a crumble mix |

