



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 Korma (GF) Diced chicken in a creamy coconut 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	Penne pasta in basil & tomato sauce Simple and lovely	Potato, Cheese & leek bake (GF) Herby diced potato with leeks in a cheese sauce	Vegetable Lasagne (V) Layers of mixed vegetables in tomato sauce, white sauce and pasta	Vegetarian cottage pie (GF) meat free mince in gravy, topped with mashed potato and Cheddar cheese
Side dish	Roast potatoes Sweetcorn	Green beans carrots	Mashed potato sweetcorn	Yellow rice Peas	Broccoli carrots
Dessert	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding	Chocolate sponge & Custard (GF) A light and delicate sponge	Bananas & custard	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding	Plain vanilla sponge & Custard (GF) A light and delicate sponge

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pasta Bolognaise Penne pasta with minced beef in a rich tomato sauce	Cottage pie (GF) Minced beef in herb gravy topped with mashed potato	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	Penne pasta in basil & tomato sauce Simple and lovely	Vegetarian cottage pie (GF) meat free mince in gravy, topped with mashed potato and Cheddar cheese	Vegetable Lasagne (V) Layers of mixed vegetables in tomato sauce, white sauce and pasta	Potato, Cheese & Leek bake (GF) Herby diced potato with leeks in a cheese sauce	Fish Goujons Breaded strips of white fish
Side dish	Green beans	Broccoli Peas	Sweetcorn	Broccoli Carrots	Alphabites/smiley faces Baked beans
Dessert	Yoghurt (GF) & cookie	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding	Chocolate sponge & Custard (GF) A light and delicate sponge	Banana & custard (GF)	Ice cream