



Week two menu



Lunch

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

Tea

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