



Week three menu



Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Tikka Masala (GF) Diced chicken with a spicy yogurt sauce	Pork Meatballs in a Tomato & herb sauce	Sliced Chicken in Gravy (GF) Sliced chicken breast in rich gravy	Sausages in gravy Pork & Leek sausages in onion gravy	Pasta Bolognese Penne pasta with minced beef in a rich tomato sauce
Vegetarian option	Vegetarian Tikka Masala (GF) Quorn in a creamy tomato & yoghurt sauce	Cauliflower, spinach & lentil curry (GF) A mild spicy tomato & coconut sauce	Tomato, Lentil & Sweet potato crumble	Pork & apple casserole (GF) Diced pork & apple in a rich sauce with onion, swede, parsnips, pepper & mushroom	Pasta in cheese sauce
Side dish	White Rice & sweetcorn	Vegetable Rice White rice with Peas, cabbage, carrot, pepper & spring onion	Roast Potatoes & Mixed Vegetables Carrot, cauliflower, green beans & peas	Mashed Potatoes & sliced carrots	Peas
Dessert	Apricot crumble & custard Cooked apricot sauce topped with crumble mix	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding	Trifle	Chocolate Sponge (GF) A light & delicate chocolate sponge	Banana's & custard (GF)

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Fish Goujons	Chicken in black bean sauce Chicken pieces with black soya beans in a sweet & sour sauce	Cottage Pie (GF) Minced beef in herb gravy topped with mashed potato	Pasta in cheese sauce Macaroni in cheddar cheese sauce	Chicken Korma (GF) Diced chicken in a creamy coconut sauce
Vegetarian option	Bean chilli (GF) Kidney beans in a spiced tomato sauce	Chana Masala (GF) Chickpeas, onion, & red peppers in a tomato, coriander & cumin sauce	Vegetarian cottage pie (GF) meat free mince in gravy, topped with mashed potato and Cheddar cheese	Potato, cheese & Leek bake (GF) Herby diced potato with leeks in a cheese sauce	Cauliflower, Spinach & Lentil curry (GF) Mild spicy tomato & coconut sauce
Side dish	Potato wedges & Minted summer vegetables Green beans & peas with fresh mint	Baby potatoes & sliced Carrots	Peas Carrots	Mixed Vegetables Carrot, cauliflower, green beans & peas	Yellow rice & green beans Fragrant basmati rice with cut green beans
Dessert	Vanilla yoghurt (GF) raisin & oat cookie	Strawberry mousse	Pineapple sponge & custard pineapple in a sponge batter sauce	Fruit cocktail & ice cream (GF)	Apple crumble & custard Apple in a sweet sauce topped with a crumble mix

