



# Week one menu



## Lunch

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

## Tea

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