

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef Chilli with beans & chick peas	Shepherds pie with carrots & peas	Home baked Gammon with rosemary & roast potatoes	Chicken Tikka Masala curry	Battered Cod with lemon & Tartare sauce
VEGETARIAN MEAL	Vegetarian Chilli with beans & chick peas	Vegetarian Shepherds pie with carrots & peas	Vegetable sausage & leek bake casserole	Vegetable Dhal curry	Vegetarian Nuggets with lemon & Tartare sauce
CARBS	Spiced rice & Nacho crisps	Gratinated mashed potato topping	Herb Infused Roast Potatoes	Coriander Basmati Rice	Chips
VEGETABLES	Garden salad with tomato & cucumber	Fresh steamed green beans	Fresh steamed Broccoli & carrots	Raita & Mango chutney	Peas or Baked Beans
DESSERT	Warm Chocolate pudding with custard	Rice pudding with jam	Apple & Cinnamon Crumble	Fruit salad	Syrup sponge with custard

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Spaghetti Bolognese	Chicken & vegetable pie	Roast Turkey Breast with Herb Stuffing	Beef Rogan Josh curry	Battered Cod with lemon & Tartare sauce
VEGETARIAN MEAL	Vegetable meatball * bean casserole	Roast Vegetable parcel	Macaroni Cheese with spinach	Lentil & sweet potato curry	Vegetarian Nuggets with lemon & Tartare sauce
CARBS	Pasta & garlic bread slice	Baby new potatoes with garlic & herb	Herb Infused Roast Potatoes	Turmeric infused Basmati Rice	Chips
VEGETABLES	Garden Peas & sweetcorn	Fresh steamed cauliflower & broccoli	Mashed swede & carrot	Raita & Mango chutney	Peas or Baked Beans
DESSERT	Fruit sponge with custard	Cherry cake with Custard	Chocolate crispy cake	Fruit salad & cream	Oaty Apple crumble & custard

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Brisket Beef Brioche with horseradish	Traditional sausage with mash with gravy	Roast Chicken with Herb Stuffing	Lamb Korma	Battered Cod with lemon & Tartare sauce
VEGETARIAN MEAL	Falafel with houmous & a yogurt & mint dressing	Vegetable sausage with mash with gravy	Vegetable toad in a hole	Chick pea & vegetable Korna	Vegetarian Nuggets with lemon & Tartare sauce
CARBS	Sweet potato chips	Mashed potato	Herb Infused Roast Potatoes	Cloved Basmati Rice	Chips
VEGETABLES	Fresh raw salw	Garden peas	Trio of steamed vegetables	Raita & Mango chutney	Peas or Baked Beans
DESSERT	Strawberry jam sponge with custard	Butterscotch tart	Apricot Crumble & custard	Fresh fruit salad	Apple cake with vanilla whipped cream