

WEEK 1 CYCLE**Monday**

Classic beef lasagne, garlic bread, rocket
Chicken parmigiano, garlic bread, rocket
Gnocchi, pesto, cherry tomatoes, garlic bread, rocket

Sides: Rosmary garlic fries / Caeser salad

Tuesday

Keema lamb dhansak, basmati rice, crispy onions
Tandoori chicken tikka, basmati rice, crispy onion, mint yoghurt
Mushroom and lentil rogan Josh, basmati rice, crispy onions

Sides: Onion bhaji / Vegetable samosa

All mains to include: Papadum, chutney, raita, tomato salad

Wednesday

Bulgogi pork strips, broccoli and spring onions, soy egg noodles
Kung Po chicken, soy rice noodles, peppers and spring onions
Teriyaki tofu, beansprouts, butternut squash, soy noodles

Sides: Vegetable spring rolls / Mushroom fried rice

Thursday

Homemade Stone Baked Salami & Chestnut Mushroom
Homemade Stone Baked Italian Vegetables
Homemade Stone Baked Mozzarella & Tomato

Sides: Chicken Tenders / Jacket Wedges / Tossed Salad & Slaw

Friday

Buttered cod, chips, peas, tartare sauce
Lamb and apricot tagine, giant cous cous, edam, cucumber salad
Baked pepper, vegan feta ragu, giant cous cous, edam bean and cucumber salad

Sides: Chips

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Saturday

Gyros Chicken Wrap, Slaw, Mint Yoghurt
Pizzas, Fries, Tossed Salad
Caponata Fusilli Pasta, Tossed Salad, Olive Bread

Sunday

Roast Pork, Sausage Meat Stuffing
Balti Pie
Celeriac, Butternut & Tomato Pasta Bake, Vegan Cheese Crumble (Ve)
Roast Potatoes, Mashed Potatoes, Peas, Honey Glazed Carrots, Broccoli Cheese

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WEEK 2 CYCLE**Monday**

Lemon and herb chicken skewer, flatbread, tzatziki, tomato and olive salad
Pork Souvlaki, flatbread, tzatziki, pickled cabbage, tomato and olive salad
Vegan feta, orzo, roasted vegetable bake, pickled cabbage

Sides: Chilli and lemon new potatoes / Tomato and olive salad

Tuesday

Chilli con carne, lentil and borlotti beans, basmati rice, guacamole, nacho chips
Salmon fishcakes, quinoa, broad bean, chickpea salad, tomato and lime dressing
Quinoa coated crispy cauliflower, peppers and onions, wrap, guacamole, wedges
Sides: Wedges / Steamed broccoli

Wednesday

BBQ pork ribs, fries, sweetcorn relish, iceberg wedges, ranch
Southern fried chicken burger, lime and chilli mayo, fries, iceberg wedges, ranch
Grilled halloumi, Italian roasted vegetables, brioche, red pepper mayo, fries

Sides: Fries / Coleslaw

Thursday

Jamaican Jerk turkey escalope, pineapple salsa, potato and black bean stew
Caribbean pork curry, rice and peas, plantain chips
Sweet potato, butternut and spinach coconut curry, rice and peas, plantain chips

Sides: Mango and chilli green beans / Rice and peas

Friday

Battered fish, chips, peas, tartare sauce
Chicken breast char-grilled leak and cheddar sauce, thyme roasted new potatoes
Sausage, tomato and forest mushroom penne pasta, garlic bread

Sides: Chips / Gem, plum tomato, pickled cucumber

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Saturday

Lamb Meatballs, Tomato & Mushroom Sauce, Penne Pasta
Sweetcorn & Courgette Fritter, Butternut Mash, Stem Broccoli, Sweet Chilli Sauce (Ve)
Pork Hotdog, Sauerkraut, Mustard Ketchup, Fries

Sunday

Roast Chicken, Sage & Stuffing
Steak & Ale Pie
Butternut, Spinach & Sweet Potato Casserole (Ve)
Roast Potatoes, Herb New Potatoes, Roasted Root Vegetable, Carrots, Peas, Cauliflower
Cheese

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WEEK 3 CYCLE**Monday**

Chicken breast, shallot and chestnut mushroom gravy, grain mustard mash, savoy cabbage

Belly pork, lentil, potato and tomato cassoulet, savoy cabbage

Vegan bourguignon, cheese and onion dumplings, grain mustard mash, savoy cabbage

Sides: Ratatouille vegetables

Tuesday

Spanish “white fish” chorizo, white bean, steamed greens

Cuban pork strips, spicy tomato rice, fried crispy plantain

Pea and lemon bites, mambonito salad, soft tacos, salsa, wedges

Sides: Olive bread / Wedges

Wednesday

Shepherd’s pie, steamed broccoli, rosemary gravy

Roast chicken, roast potatoes, glazed root vegetables, stuffing

Cauliflower macaroni cheese, crispy onions, rocket

Sides: Glazed root vegetables / Steamed broccoli

Thursday

Crispy vegetable pancake, Chinese leaf and peppers, Korean BBQ sauce, egg fried noodles

Sweet and sour chicken, rice, crispy onions,

Thai green vegetable curry, rice, crispy onions

Sides: Asian slaw / Salt and pepper chips

Friday week

Battered fish, chips, peas, tartare sauce

Beef and chestnut mushroom stroganoff, chive mash, crispy kale

Quorn sausage and butterbean casserole, chive mash, crispy kale

Sides: Peas / chips

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Saturday

Beef & Lentil Bolognaise, Spaghetti, Garlic Bread
Soft Taco, Fish Fingers, Sriracha Mayo
Falafel Burger, Brioche, Fries, Chilli Jam, Tossed Salad

Sunday

Roast Beef, Yorkshire Pudding, Gravy
Chicken & Mushroom Pie
Vega Sausage, Caramelised Onion, Gravy
Roast Potatoes, Mashed Potatoes, Honey Glazed Carrots, Peas,
Cauliflower Cheese

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