

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Shortcrust Top Chicken Pie	Spaghetti bolognese	Roast Ham & Pineapple	Chicken Tikka Masala	Battered Cod with Lemon
VEGETARIAN MEAL	Mixed Bean Chilli	Quorn Chicken In Blackbean Sauce	Cauliflower & Broccoli Bake	Vegetable Curry	Mushroom Stroganoff
CARBS	Rice	Pasta	Herb Infused Roast Potatoes	Coriander Basmati Rice	Chips or Jacket Potatoes
VEGETABLES	Baton Carrots Garden Pies	Sweetcorn Green beans	Seasonal Roasted Roots with Rosemary	Cucumber Refresher Salad	Mushy Peas or Baked Beans
DESSERT	Creamed Rice Pudding With Preserves	Fruit Crumble Sponge with Custard	Chocolate Sponge with Custard	Cornflake Tart With Custard	Jam Sponge & Custard

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Shortcrust Top Mince beef Pie	Sweet & Sour Chicken	Roast Beef & Yorkshire Puddings	Keema Lamb Curry	Battered Cod with Lemon
VEGETARIAN MEAL	Cheesy Leek Bake	Spanish Omelette	Herb Crusted Cauliflower Cheese Bake	Lentil & Vegetable Curry	Roasted Pepper Tomato Pasta
CARBS	New Potatoes	Pasta	Herb Infused Roast Potatoes	Coriander Basmati Rice	Chips or Jacket Potatoes
VEGETABLES	Baton Carrots Garden Pies	Naked 'Slaw with Lemon Dressing	Seasonal Roasted Roots with Rosemary	Cucumber Refresher Salad	Mushy Peas or Baked Beans
DESSERT	Jam Sponge with Custard	Chocolate & Syrup Sponge with custard	Lemon Sponge with Custard	Cornflake Tart with Custard	Cold Dessert

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Shortcrust Top Meat & Potato Pie	Chicken In Black Bean Sauce	Roast Pork with Herb Stuffing	Chicken Curry	Deep Fried Battered Cod with Lemon
VEGETARIAN MEAL	Stuffed Peppers	Vegetable Chow Mein	Herb Crusted cauliflower Cheese Bake	Tandoori Fish	Roasted Pepper and Mature Cheddar Tart
CARBS	New Potatoes	Rice/Noodles	Herb Infused Roast Potatoes	Coriander Basmati Rice	Chips or Jacket Potatoes
VEGETABLES	Baton Carrots Garden Pies	Sweetcorn Carrots	Seasonal Roasted Roots with Rosemary	Cucumber Refresher Salad	Mushy Peas or Baked Beans
DESSERT	Syrup Sponge With Custard	Jam & Coconut Sponge with Custard	Apple & Cinnamon Crumble	Chocolate Sponge & Custard	Creamed Rice Pudding with Preserves