

MENU - WEEK ONE

MONDAY

MAIN MEALS

Beef Burritos with Wedges

Roasted Vegetable & Hummus Flatbread with Wedges

VEGETABLES

Salsa and Peas

DESSERT

Lime and Coconut Drizzle

TUESDAY

MAIN MEALS

Southern BBQ Chicken with Rice

Macaroni Cheese

VEGETABLES

Sweetcorn and Coleslaw

DESSERT

Fruit Jelly

WEDNESDAY

MAIN MEALS

Beef Lasagne

Vegetable Hot Pot

VEGETABLES

Green Beans and Italian Salad

DESSERT

Shortbread Finger

THURSDAY

MAIN MEALS

Roast Chicken, Stuffing, Mashed Potatoes and Gravy

Vegetable Slice with Mashed Potatoes & Gravy

VEGETABLES

Carrots & Seasonal Cabbage

DESSERT

Fruit Crumble with Ice Cream

FRIDAY

MAIN MEALS

Breaded Fish and Chips

Red Lentil Dahl with Chips

VEGETABLES

Peas and Baked Beans

DESSERT

Chocolate Brownie with Chocolate Sauce

MENU - WEEK TWO

MONDAY

MAIN MEALS

Malaysian Beef Curry with Rice
Cheese & Potato Pie

VEGETABLES

Peas & Coleslaw

DESSERT

Lemon Loaf

TUESDAY

MAIN MEALS

Spaghetti Bolognese
Spring Frittata with Green Salad & Crusty Bread

VEGETABLES

Broccoli & Sweetcorn

DESSERT

Fruit Crumble & Custard

WEDNESDAY

MAIN MEALS

Loaded Chicken Quesadilla with Rice
Spring Vegetable Paella

VEGETABLES

Green Beans & Rainbow Salad

DESSERT

Cheesecake

THURSDAY

MAIN MEALS

Carvery Roast with Stuffing, Mashed Potatoes & Gravy
Vegetable Moussaka

VEGETABLES

Carrots & Cauliflower

DESSERT

Fruit & Ice Cream

FRIDAY

MAIN MEALS

Fish and Chip Pot
Samosa with Curry Sauce & Chips

VEGETABLES

Sweetcorn & Baked Beans

DESSERT

Fruit Jelly

MENU - WEEK THREE

MONDAY

MAIN MEALS

Sweet & Sour Chicken with Noodles
Quiche with New Potatoes

VEGETABLES

Mixed Vegetables

DESSERT

Apricot Oat Bar

TUESDAY

MAIN MEALS

Beef Nachos with Rice
Chickpea & Potato Curry with Rice

VEGETABLES

Peas & Sweetcorn

DESSERT

Strawberry Mousse

WEDNESDAY

MAIN MEALS

Chicken Balti with Rice
Vegetable Lasagne

VEGETABLES

Green Beans & Sweetcorn

DESSERT

Iced Carrot Cake

THURSDAY

MAIN MEALS

Carvery Roast with Stuffing, Roast Potatoes & Gravy
Broccoli & Cauliflower Cheese, Roast Potatoes & Gravy

VEGETABLES

Carrots & Broccoli

DESSERT

Fruit Crumble with Ice Cream

FRIDAY

MAIN MEALS

Breaded Fish with Chips
Spring Roll with Sweet Chilli Sauce & Chips

VEGETABLES

Baked Beans & Peas

DESSERT

Chocolate Cracknel