

Week 1

MONDAY

Black Bean Chicken (GF)
with Rice

Vegetarian Chilli (GF)
with Rice

Garlic Bread / Peas & Sweetcorn

Rice Pudding
with Raspberry Coulis (GF)

Cherry Shortbread

TUESDAY

Beef Tagine with Cous Cous

Macaroni Cheese
with Garlic Bread

Green Beans and Carrots

Sticky Toffee Pudding

Chocolate Fridge Cake

WEDNESDAY

Chicken Tikka Masala (GF)
with Rice and Naan Bread

Sweet Potato Curry (GF)
with Rice and Naan Bread

Mixed Vegetables

Pineapple Upside-Down Cake

Chocolate and Cranberry Crunch

THURSDAY

Pork Loin Steak
with Colcannon Mash

Quorn Fillet
with Colcannon Mash

Seasonal Vegetables

Banoffee Pie

Chocolate Crackle

FRIDAY

Southern Fried Chicken
with Chips

Southern Fried Quorn Strips
with Chips

Beans / Salad

Iced Ring Doughnut

Banana Flapjack

Week 2

MONDAY

Pork Sausage with Mashed Potato and Yorkshire Pudding

Quorn Sausage with Mashed Potato and Yorkshire Pudding

Carrots / Peas

Ground Rice with Mango Coulis (GF)

Cherry Shortbread

TUESDAY

Chicken Burrito with New Potatoes

Cheese and Tomato Omelette (GF)

Salad / Sweetcorn

Cherry Cheesecake

Chocolate Fridge Cake

WEDNESDAY

Beef Rogan Josh (GF) with Rice and Naan Bread

Sweet and Sour Quorn (GF) with Rice and Naan Bread

Noodles / Mixed Vegetables

Lemon Sponge with Custard

Chocolate and Cranberry Crunch

THURSDAY

Honey Roast Gammon (GF) with Mashed Potato

Cheese and Onion Pasty with Mashed Potato

Seasonal Vegetables

Apple and Blackberry Crumble with Custard

Chocolate Crackle

FRIDAY

Battered Haddock with Chips

Vegetarian Burger with Chips

Mushy Peas / Beans

Jam Doughnut

Banana Flapjack

Week 3

MONDAY

Cheese Burger
with Potato Wedges
Vegetarian Bolognese Bake
with Garlic Bread
Peas and Sweetcorn Mix
Jammy-Jack Flapjack
with Custard
Cherry Shortbread

TUESDAY

Beef Lasagne with Garlic Bread
Quorn and Mushroom Stoganoff
(GF) with Rice
Carrots / Peas
Chocolate Fudge Cake
with Custard
Chocolate Fridge Cake

WEDNESDAY

Chicken Jalfrezi (GF)
with Rice and Naan Bread
Mushroom Burrito
Mixed Vegetables
Carrot Cake with Custard
Chocolate and
Cranberry Crunch

THURSDAY

Roast Beef (GF) with Roast
Potatoes and Yorkshire Pudding
Roasted Vegetable
Traybake (GF)
Seasonal Vegetables
Pear and Chocolate Crumble
with Custard
Chocolate Crackle

FRIDAY

Southern Fried Chicken
with Chips
Vegan Sausage Roll with Chips
Salad / Beans
Bake Day
Banana Flapjack