

Week 1

Day	Hot Courses	Vegetables	Bread/Salad	Dessert/Fruit
Monday	Pan fried turkey escallops Served with crushed new potatoes with olives, basil & cherry tomatoes	Mushroom, peppers & red onion Grated Carrots	Garlic bread Mixed leaf Salad of the day x2	Fresh fruit salad Yoghurt Fruit
Tuesday	Spaghetti bolognaise Soya Mince bolognaise (V) Cheese Garlic bread	Green beans Broccoli	Mixed leaf Salad of the day x2	Apple crumble & Vanilla custard Yoghurt Fruit
Wednesday	Lemon thyme & garlic Chicken with roast potatoes Gravy Arancini filled with mozzarella served with tomato sauce	Cauliflower & Sweet corn	Mixed leaf Salad of the day x2	Chocolate Mousse Strawberry Mousse Yoghurt Fruit
Thursday	Chilli con carne (GF) Rice Soya chilli GF,V	Broccoli Green beans & Sweet corn	Mixed leaf Salad of the day x2	Chocolate cake Chocolate sauce
Friday	Fish & chips Quorn fingers(vegan) Tartare sauce	Garden peas Carrots Baked beans	Selection of salads Tuna mayonnaise Coleslaw	Flap Jack Yoghurt Fruit

Week 2

Day	Hot Courses – J Potato filling	Vegetables	Bread/Salad- soup	Dessert/Fruit
Monday	<p>Lamb hot pot Quorn & vegetables hot pot</p> <p>Pepper stuffed with couscous, vegetables & feta (V)</p>	<p>Carrots & Broccoli</p>	<p>Salad of the day 1 Mixed Leaf Salad of the day 2</p>	<p>Warm pears & chocolate sauce/crème fraiche Fruit Yoghurt</p>
Tuesday	<p>Sausage & mash potatoes Quorn sausage (V) Onion gravy</p>	<p>Cabbage Green beans</p>	<p>Salad of the day 1 Mixed leaf Salad of the day 2</p>	<p>Watermelon slices Fruit Yoghurt</p>
Wednesday	<p>Roast beef Roast potatoes Yorkshire pudding Gravy</p>	<p>Roast parsnip Broccoli , green beans</p>	<p>Salad of the day 1 Mixed leaf Salad of the day 2</p>	<p>Rice pudding strawberry jam Fruit Yoghurt</p>
Thursday	<p>Chicken curry(GF, DF) Basmati rice (GF) Chick peas and vegetables curry (V, GF DF)</p>	<p>Mix vegetables Courgettes ,red onion & cherr tomatoes</p>	<p>Salad of the day 1 Mixed leaf Salad of the day 2</p>	<p>Peaches & yoghurt Fruit/yoghurt</p>
Friday	<p>Fish fingers & Chips Potato , spinach & feta Gratin (V)</p>	<p>Peas carrots Baked beans</p>	<p>Salad of the day 1 Mixed leaf Salad of the day 2</p>	<p>Chocolate biscuits Fruit Yoghurt</p>

Week 3

Day	Hot Courses	Vegetables	Bread/Salad	Dessert/Fruit
Monday	Chicken, red peppers, black olives in tomato & paprika sauce boiled new potatoes Spanish tortilla (V) ,(GF)	Baked beans Carrots	Mixed leaf Salad of the day x2	Melon & Pineapple Yoghurt Fruit
Tuesday	Penne served with meat balls Soya balls served with penne Pasta Cheese	Green beans Sweet corn Naan bread	Garlic bread Mixed leaf Salad of the day x2	Pear and chocolate cake & chocolate sauce Yoghurt Fruit
Wednesday	Roast potatoes Gravy) Mix Vegetables in puff pastry case (V)	Broccoli & Courgettes Garlic bread	Mixed leaf Salad of the day x2	Strawberry, raspberry & orange Jelly Yoghurt Fruit
Thursday	Beef lasagne Roast vegetable lasagne (V)	Carrots Green beans	Mixed leaf Salad of the day x2	Jam Tart Yoghurt Fruit
Friday	Battered Fish (Cod) Broccoli & potato frittata(V) Chips	Mushy Peas	Mixed leaf Selection of salads	Fruit salad Yoghurt Fruit

Week 4

Day	Hot Courses	Vegetables	Bread/Salad	Dessert/Fruit
Monday	Chicken , red peppers, black olives in tomato & paprika sauce boiled new potatoes Spanish tortilla (V) ,(GF)	Carrots & Green beans	Mixed leaf Salad of the day x2	Fresh fruit salad Yoghurt Fresh Fruit
Tuesday	Margherita pizza Roast vegetable pizza	Steamed Mix vegetables	Mixed leaf Salad of the day x2	Carrot cake & custard Fresh Fruit Fruit yoghurt
Wednesday	Lemon, thyme & garlic Roast chicken Roast potatoes	Carrots And Broccoli	Mixed leaf Salad of the day x2	Fresh Fruit Yoghurt
Thursday	Quesadillas Chicken & peppers Mix beans & peppers (V)	Courgettes & leek	Mixed leaf Salad of the day x2	Melon Fresh Fruit Yoghurt
Friday	Fish cake & chips	Garden peas & Carrots	Mixed leaf Selection of salads	Selection of desserts Fresh Fruit Yoghurt

