

WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL CHOICE ONE

MAIN MEAL CHOICE TWO

LIGHTER OPTION

VEGGIES & SIDES

DELICIOUS DESSERTS

MONDAY

CHICKEN MADRAS AND STEAMED RICE

VEGETABLE BOLOGNAISE WITH SPAGHETTI

TOMATO AND BASIL SAUCE

PEAS AND CORN & ONION SALAD

APPLE AND BLACKBERRY CRUMBLE AND CUSTARD

TUESDAY

JAMAICAN LAMB PIE WITH PARSLEY POTATOES

VEGETABLE FAJITA AND RICE

BBQ CHICKEN

SLICED CARROTS & GREEN BEANS

LEMON DRIZZLE CAKE

WEDNESDAY

SWEET CHILLI CHICKEN WITH PENNE PASTA

SHEPHERDESS PIE

VEGETABLE CHILLI

BROCCOLI & CAULIFLOWER FLORETS

SYRUP SPONGE WITH CUSTARD

THURSDAY

CHILLI BEEF BURRITO WITH TURMERIC RICE

MAC AND CHEESE

CHICKEN JALFREZI

GOLDEN CORN & SHREDDED CARROTS

COCONUT JAM SLICE

FRIDAY

MSC BATTERED FISH AND CHIPS

VEGETABLE BIRYANI

BEEF RAGU

BAKED BEANS, GARDEN PEAS

CHOCOLATE AND BEETROOT BROWNIE

HAVE YOU TRIED OUR NEW DELI RANGE SANDWICHES?

LOOK OUT FOR OUR DELICIOUS HAND HELD SNACKS AT BREAK TIME

TRY OUR HOME MADE SOUP WITH FRESHLY MADE BREAD

WHY NOT TRY OUR SUPERB PASTA POTS WITH A RANGE OF DELICIOUS TOPPINGS?

EXCITING COLD DESSERT FOUND IN THE GRAB & GO FRIDGES

WEEK TWO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

MAIN MEAL CHOICE ONE

BEEF LASAGNE

MAIN MEAL CHOICE TWO

QUORN KORMA WITH RICE

LIGHTER OPTION

TUNA MAYO WITH SWEETCORN

VEGGIES & SIDES

CAULIFLOWER FLORETS & GREEN BEANS

DELICIOUS DESSERTS

FLAPJACK

TUESDAY

CHICKEN TIKKA MASALA WITH RICE

MEDITERRANEAN PASTA BAKE

BOLOGNAISE SAUCE

MEDLEY OF VEGETABLES & SWEETCORN AND PEPPERS

CHOCOLATE AND PEAR SPONGE WITH CHOCOLATE SAUCE

WEDNESDAY

ITALIAN MEATLOAF WITH TOMATO AND BASIL SAUCE

CHICK PEA DHAL WITH RICE

CHICKEN MADRAS

SLICED CARROTS & BROCCOLI FLORETS

SWISS APPLE PIE & CUSTARD

THURSDAY

CHICKEN & VEGETABLE FAJITA WITH STEAMED RICE

VEGETABLE CHOW MEIN WITH SPRING ROLL

BEEF KEEMA

PEAS AND CORN & COLESLAW

PARSNIP CAKE

FRIDAY

BREADED FISH AND CHIPS

ROASTED RED PEPPER AND COURGETTE SLICE WITH CHIPS

SWEET AND SOUR CHICKEN

BAKED BEANS & OVEN BAKED COURGETTES

VANILLA ICED SHORTBREAD

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FRIDAY

MAIN MEAL

CHOICE ONE

BBQ CHICKEN AND RICE

MACARONI BOLOGNAISE

ROAST CHICKEN, STUFFING AND GRAVY WITH ROAST POTATOES

SZECHUAN BEEF WITH RICE

FISH PIE WITH ROSTI TOPPING

MAIN MEAL

CHOICE TWO

CARROT AND PESTO BAKE

SAMOSA WITH SPICY SALSA

VEGETABLE CHILLI WITH RICE

CHEESE AND ONION QUICHE WITH NEW POTATOES

CHEESE AND TOMATO CALZONE WITH OVEN BAKED WEDGES

LIGHTER OPTION

VEGETABLE KORMA

VEGETABLE ARABIATTA

MEXICAN TUNA

SWEET TOMATO PASTA

BEEF MADRAS

VEGGIES & SIDES



GOLDEN CORN & COLESLAW

BROCCOLI & SHREDDED CARROTS

SLICED CARROTS & CABBAGE

CAULIFLOWER FLORETS & CORN AND PEAS

BAKED BEANS & HOUSE SALAD

DELICIOUS DESSERTS



APPLE CRUMBLE AND CUSTARD

BANANA LOAF

VICTORIA SPONGE WITH CUSTARD

CHOC ORANGE SPONGE WITH CUSTARD

RASPBERRY OAT SLICE

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a recipe for success