

MAKE

GOOD CHOICES.

WEEK ONE MENU

MONDAY

H Piri Piri Chicken served with Spicy Rice

V Fresh Creamy Herb Crumbed Macaroni Cheese

Dessert: Plain Sponge topped with Icing

Vegetables: Peas, Cauliflower

TUESDAY

H Chicken Tikka served with Turmeric Rice.

V Chickpeas and Lentils Dahl served with Turmeric Rice.

Dessert: Apple Crumble served with Custard

Vegetables: Red Cabbage, Green Beans.

WEDNESDAY

H Roast of the Day with Traditional Accompaniments

V Cheese & Tomato French Bread Pizza

Dessert: Apple Sponge served with Custard.

Vegetables: Carrots, Savoy Cabbage.

THURSDAY

H Chicken Fajita Served with Mixed Rice

V Chinese Style Stir Fry Vegetables

Dessert: Lemon Sponge served with Custard

Vegetables: Broccoli, Sweetcorn

FRIDAY

H Deep Fried Fish served with Chips

Chicken Popcorn served with Chips

V Jacket Potato served with Beans

Dessert: Chocolate Sponge served with Chocolate Custard.

Vegetables: Baked Beans.

AVAILABLE DAILY:

Pasta Bar (2 Options), Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads, Hot and Cold Desserts, Home Bakes, Fresh Fruit, Drinks

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WEEK TWO MENU

MONDAY

H Jamaican Jerk Chicken served with Rice and Peas

V Sweet Chili Quorn Stir Fry with Noodles

Dessert: Plain Sponge topped with Icing.

Vegetables: Peas, Cauliflower.

TUESDAY

H Chilli con Carne served with Mexican Rice

V Braised Winter Vegetable Hot Pot

Dessert: Tropical Crumble served with Custard.

Vegetables: Sweetcorn, Green Beans,

WEDNESDAY

H Roast of the Day with Traditional Accompaniments

V Freshly Homemade Italian Pasta Bake

Dessert: Jam Sponge served with Custard

Vegetables: Sweetcorn, Seasonal Greens.

THURSDAY

H Rich Beef Bolognese served with Penne Pasta.

V Oven Baked Vegetable Frittata

Dessert: Pineapple Upside Down served with Custard.

Vegetables: Broccoli, Carrots.

FRIDAY

H Deep Fried Fish served with Chips

Chicken Popcorn served with Chips

V Pasta Tomato Sauce

Dessert: Chocolate Cake served with Custard.

Vegetables: Baked Beans.

AVAILABLE DAILY:

Pasta Bar (2 Options), Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads, Hot and Cold Desserts, Home Bakes, Fresh Fruit Salad, Drinks

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WEEK THREE MENU

MONDAY

H Lamb Kofta served with Moroccan Couscous

V Spicy Vegetable & Chickpea Curry with Boiled Rice

Dessert: Jam Sponge served with Custard.

Vegetables: Peas, Cauliflower.

TUESDAY

H Traditionally Made Cottage Pie

V Red Onion & Cheddar Cheese Quiche

Dessert: Apple Crumble served with Custard.

Vegetables: Roasted Vegetables, Green Beans

WEDNESDAY

H Roast of the Day served with Traditional Accompaniments

V Home Made Mexican Vegetable Quesadillas

Dessert: Apple Sponge served with Custard.

Vegetables: Roast Potatoes, Carrots, Savoy Cabbage.

THURSDAY

H Traditional Oven Baked Beef Lasagne served with Garlic Bread.

V Mediterranean Vegetable Lasagne served with Garlic Bread.

Dessert: Plain Sponge topped with Icing.

Vegetables: Broccoli, Sweetcorn.

FRIDAY

H Deep Fried Fish served with Chips

Chicken Popcorn served with Chips

V Veggie Hot Dog topped with Caramelized Onions

Dessert: Chocolate Sponge served with Chocolate Custard.

Vegetables: Baked Beans.

AVAILABLE DAILY:

Pasta Bar (2 Options), Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads, Hot and Cold Desserts, Home Bakes, Fresh Fruit, Drinks