

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	SPAGHETTI BOLOGNAISE	SAUSAGES	ROAST CHICKEN & STUFFING	SWEET & SOUR PORK	BREADED COD
VEGETARIAN MEAL	QUORN BOLOGNAISE	QUORN SAUSAGE	VEGATABLE PARCELS	QUORN SWEET & SOUR	HOMEMADE VEGGIE CAKES
VEGETABLES/SALAD	CARROTS, BUTTERED CABBAGE	BROCOLLI, BAKED BEANS	BATON CARROTS, GREEN BEANS	GREEN SALAD, SWEETCORN	PEAS
CARBOHYDRATE	GARLIC BREAD	CREAMED POTATOES	ROAST POTATOES	STREAMED RICE	CHIPPED POTATOES
DESSERT	STRAWBERRY FOOL	CHOCOLATE SPONGE & CHOCOLATE SAUCE	FRUIT CRUMBLE & CUSTARD	BAKEWELL TART & CREAM	CHEF'S CHOICE

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	JERK CHICKEN	MINCE BEEF PIE	ROAST PORK & STUFFING	THAI GREEN CURRY	BREADED COD
VEGETARIAN MEAL	VEGGIE JERK	QUORN MINCE PIE	TOMATO & PEPPER TART	3 BEAN CASSEROLE	VEGETABLE CAKE
VEGETABLES/SALAD	MIXED VEGATABLES	GREEN BEANS, SWEETCORN	CARROTS, PEAS	SWEETCORN	PEAS, BAKED BEANS
CARBOHYDRATE	NOODLES	SAUTE POTATOES	ROAST POTATOES	BASMATIC RICE	CHIPPED POTATOES
DESSERT	CHOCOLATE & ORANGE CRUNCH	SYRUP SPONGE & CUSTARD	TRIFLE	FRUIT PUFFS & CREAM	CHEF'S CHOICE

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	CHICKEN FAJITAS	COTTAGE PIE	ROAST GAMMON	TIKKA MASALA CURRY	BREADED COD
VEGETARIAN MEAL	VEGETABLE FAJITAS	QUORN MINCE PIE	STUFFED PEPPERS & MUSHROOMS	VEGGIE MASALA CURRY	BROCCOLI QUICHE
VEGETABLES/SALAD	WATERCRESS SALAD	BROCOLLI, CARROTS	SLICED GREEN BEANS, PEAS	SPINACH	PEAS, SWEETCORN
CARBOHYDRATE	NEW POTATOES	CRUSTY BREAD	ROAST POTATOES	POPPADUMS	CHIPPED POTATOES
DESSERT	MAIDS OF HONOR	FRESH FRUIT SALAD	APPLE TART & CUSTARD	CHEESECAKE	CHEF'S CHOICE