

WEEK 1

Monday

Tuesday

Wednesday

Thursday

Friday

TASTY
ENTREE

Beef chilli
braised rice
and tortilla chips

Chicken and bacon
pie with new
potatoes

Honey glazed roast
gammon and rustic
roast potatoes

Lasagne
with garlic bread

Oven baked fish
and crispy chips

VEGGIE
Lovers

Lentil and chickpea
chilli

Roasted vegetables
with noodles

Stuffed peppers

Vegetable lasagne
garlic bread

Macaroni
cheese

TASTY
PUDS

Oat fruit
cookies

Carrot
cake

Chocolate fudge
pudding

Lemon drizzle
sponge

Fruit jelly
yogurts



WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

TASTY
ENTREE

Chicken and Chorizo carbonara with steamed rice

Chinese pork stir fry with noodles

Roast pork with apple sauce and crispy roast potatoes

Butchers' choice sausages with mash onion and gravy

Oven baked fish crispy chips

VEGGIE LOVERS

Lentil and sweet potato curry

Sweet potato and spinach bake

Roasted vegetable pilau

Veggie sausages

Cheesy tomato pasta bake

TASTY PUDS

Bramley apple crumble custard

Chocolate fudge pudding chocolate sauce

Homemade cookies

Homemade cherry shortbread

Fruit jelly freshly baked biscuits





WEEK 3

Monday

Tuesday

Wednesday

Thursday

Friday

TASTY
ENTREE

Spaghetti Bolognese
with garlic bread

Freshly prepared
beef burgers
in a bap
jacket wedges

Sausage plait
creamed potatoes
rich gravy

Lamb mince
shepherd's
pie

Jumbo cod
fishfingers
chips

VEGGIE
Lovers

Quorn stir-fry
egg noodles

Breaded
Quorn burger

Goats cheese
tartlets

Quorn
shepherd's pie

Tomato
red pepper
pasta bake

TASTY
PUDS

Ginger parkin
custard

Fruity
flapjack

Jam and coconut
sponge
custard

Chocolate
brownie

Melting
moment cookies

