

Menu

WEEK 1



Monday

Butter Chicken Curry with basmati rice and naan bread
OR Thai Red Veggie curry with rice and Naan (v)
Potato wedges / Fresh steamed broccoli



Tuesday

Penne Pasta with Chicken and a creamy carbonara sauce with garlic bread
OR Sweet Pea risotto (v)
Steamed carrots with parsley butter



Wednesday

Chili Con Carne with rice and sour cream
OR Quorn Bolognese with Spaghetti (v)
Sauteed potatoes / leeks



Thursday

Chicken Roast Dinner with roasties and fresh veg
OR Meat free roast dinner with meat free gravy (v)
Steamed broccoli / carrots / Honey roast parsnips



Friday



Fish and Chips
Selection of pies and sausage rolls
OR Vegetarian Raviolini in tomato and basil sauce (v)
Mushy Peas / Garden Peas / Sweetcorn



Menu

WEEK 2



Monday

Indonesian style Nasi Goreng Chicken Noodles

OR Sundried Tomato and Basil Quiche

Sweet potato fries / pan fried leeks with black pepper butter



Tuesday

Jamaican Style Jerk Chicken with rice & pea and a pineapple salsa

OR Cheesy Red Pepper and Chili Macaroni

Basmati rice / sautéed leeks



Wednesday

Minced Beef Pie

OR Cheddar Mash

Sweet chili veg with soy noodles / baked Red cabbage



Thursday

Chicken Roast Dinner with roasties and fresh veg

OR Meat free roast dinner with meat free gravy (v)

Steamed broccoli / carrots / honey roast parsnips



Friday



Fish and Chips / Gluten Free Chicken Goujons

Selection of pies and sausage rolls

OR Mushroom and Sweet Potato Stroganoff with rice and chips (v)

Mushy peas / garden peas / sweetcorn

