



## WEEK ONE

### MONDAYS

Slow cooked beef bolognese pasta with garlic bread and salad  
or  
Tomato and roast red pepper pasta with crunchy garlic bread and salad  
Fresh fruit of the day

### TUESDAYS

Yellow chicken curry  
or  
Yellow chickpea and vegetable curry both served with 50/50 rice and peas  
Chef's tasty bake

### WEDNESDAYS

Roast turkey and gravy  
or  
Vegetable Kiev and veggie gravy both served with roasties and seasonal vegetables  
Fresh fruit of the day

### THURSDAYS

Homemade beef burger served in a bun with potato wedges and salad  
or  
Veggie burger served in a bun with chips and salad  
Chef's tasty bake

### FRIDAYS

Cod fillet served with chips and beans or peas  
or  
Jacket potato served with cheese, beans and salad and coleslaw  
Chef's tasty bake

## WEEK TWO

### MONDAYS

Cumberland sausages with creamy mash, gravy, yorkshires & veggies  
or  
Baked jacket potatoes with selection of grated cheese, baked beans, coleslaw and salad  
Fresh fruit of the day

### TUESDAYS

Slow cooked beef bolognese pasta served with garlic bread and salad  
or  
Veggie bolognese served with garlic bread cheese and salad  
Chef's tasty bake

### WEDNESDAYS

Chicken piri piri  
or  
Vegetable Quiche both served with herbie potato wedges and seasonal veggies  
Fresh fruit of the day

### THURSDAYS

Homemade beef burger  
or  
Veggie burger both served in a bun with salad and diced potatoes  
Chef's tasty bake

### FRIDAYS

Crispy fish goujons  
or  
Sweet potatoes falafal both served with chips, baked beans or salad  
Chef's tasty bake

## WEEK THREE

### MONDAYS

Creamy carbonara pasta  
or  
Tomato and basil pasta both served with salad and garlic bread  
Fresh fruit of the day

### TUESDAYS

Southern fried chicken  
or  
Quorn goujons (vg) both served with potato wedges and salad  
Chef's tasty bake

### WEDNESDAYS

Homemade chilli con carne  
or  
Veggie chilli con carne both served with rice & tortilla chips  
Fresh fruit of the day

### THURSDAYS

Slow cooked BBQ shredded chicken  
or  
Slow cooked BBQ veggie strips both served in a bap with diced potatoes and salad  
Chef's tasty bake

### FRIDAYS

Scampi bites served with chips, baked beans or peas  
or  
Jacket Potato with a choice of cheese, beans, salad and coleslaw  
Chef's tasty bake