

# WEEK 1

## MONDAY

SAUSAGE and MASH with BEANS or VEGETABLES  
VEGI CHILLI with RICE

## TUESDAY

BBQ CHICKEN and RICE or CHICKEN in BLACK BEAN SAUCE and NOODLES  
PASTA BAKE

## WEDNESDAY

ROAST DINNER or TOAD IN THE HOLE  
COTTAGE PIE or VEGI COTTAGE PIE

## THURSDAY

CHICKEN JALFREZI and RICE  
MACARONI CHEESE with LEEKS

## FRIDAY

FISH and CHIPS  
SPICY QUORN and NOODLES

## AVAILABLE EVERY DAY

CHICKEN BURGERS  
CHICKEN WRAPS  
PANINIS  
DELI/SALAD BAR  
JACKET POTATO  
PASTA  
PIZZA  
SANDWICHES  
CAKES, BISCUITS and DESSERTS  
FRESH FRUIT  
HOT and COLD DRINKS

# WEEK 2

## MONDAY

CHICKEN KORMA or CHICKEN BALTI with RICE  
VEG LASANGE with SWEET POTATO WEDGES

## TUESDAY

SWEET and SOUR PORK with NOODLES or SINGAPORE PORK  
SALMON PASTA BAKE

## WEDNESDAY

ROAST DINNER  
COTTAGE PIE

## THURSDAY

SPAGHETTI BOLOGNAISE and GARLIC BREAD  
VEGI FRITTATA

## FRIDAY

FISH and CHIPS  
TUNA PASTA BAKE

## AVAILABLE EVERY DAY

CHICKEN BURGERS  
CHICKEN WRAPS  
PANINIS  
DELI/SALAD BAR  
JACKET POTATO  
PASTA  
PIZZA  
SANDWICHES  
CAKES, BISCUITS and DESSERTS  
FRESH FRUIT  
HOT and COLD DRINKS

# WEEK 3

## MONDAY

MINCE and DUMPLINGS  
SALMON PAELLA

## TUESDAY

BEEF and MUSHROOM PIE with SUET CRUST  
GOAN VEG CURRY with RICE.

## WEDNESDAY

SLOW ROAST BELLY PORK or CHAR SIU PORK  
SERVED IN A BAP with ROAST POTATOES and GRAVY  
LASANGE or VEGETABLE BALTI with RICE

## THURSDAY

CHICKEN BALTI with RICE or LAMB TAGINE.  
PAN HAGGERTY or QUORN BOLOGNAISE with CRUSTY BREAD.

## FRIDAY

FISH and CHIPS  
FISH PIE

## AVAILABLE EVERY DAY

CHICKEN BURGERS  
CHICKEN WRAPS  
PANINIS  
DELI/SALAD BAR  
JACKET POTATO  
PASTA  
PIZZA  
SANDWICHES  
CAKES, BISCUITS and DESSERTS  
FRESH FRUIT  
HOT and COLD DRINKS