



MONDAY



MAIN MEAL	Teriyaki Chicken
VEGGIE MEAL	Teriyaki Tofu & Vegetables
SIDES	Egg Fried Rice, Spring Roll, Asian Slaw & Cauliflower
DESSERT	Chocolate & Sweet Potato Brownie

TUESDAY

MAIN MEAL	Beef Burrito
VEGGIE MEAL	Vegetable Burrito
SIDES	Tex Mex Wedges & Sweetcorn
DESSERT	Banana & Cinnamon Sponge

WEDNESDAY

MAIN MEAL	Lemon & Thyme Roasted Chicken
VEGGIE MEAL	Roasted Cherry Tomato & Broccoli Tart
SIDES	Roasted Potatoes, Yorkshire Pudding, Seasonal Greens
DESSERT	Lemon Drizzle Cake

THURSDAY

MAIN MEAL	Traditional Cottage Pie
VEGGIE MEAL	Vegetarian Cottage Pie
SIDES	Onion Gravy, Carrots & Green Beans
DESSERT	Sticky Toffee Pudding with custard

FRIDAY

MAIN MEAL	Battered Fish or Southern Fried Chicken
VEGGIE MEAL	Vegetable Burger
SIDES	Chips Peas & Baked Beans
DESSERT	Oaty Cookie

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 1: 1ST SEPT, 22ND SEPT, 13TH OCT, 3RD NOV, 24TH NOV, 15TH DEC, 5TH JAN, 26TH JAN, 16TH FEB, 9TH MAR, 30TH MAR, 20TH APR, 11TH MAY, 1ST JUN, 22ND JUN, 13TH JUL



MONDAY

MAIN MEAL	Jerk Chicken
VEGGIE MEAL	Jamaican & Coconut Curry
SIDES	Jollof Rice, Spicy Slaw & Broccoli
DESSERT	Maryland Cookie

TUESDAY

MAIN MEAL	Toad in the hole & Onion Gravy
VEGGIE MEAL	Vegetarian Toad in the hole & Onion Gravy
SIDES	Mashed Potato, Broccoli, Carrots
DESSERT	Berry Crumble Slice

WEDNESDAY

MAIN MEAL	Slow Roasted Honey Gammon
VEGGIE MEAL	Herb Crusted Cauliflower Cheese
SIDES	Roasted Potatoes, Yorkshire Pudding, Seasonal Greens
DESSERT	Chocolate & Orange Muffin

THURSDAY

MAIN MEAL	Katsu Chicken Curry
VEGGIE MEAL	Katsu Paneer Curry
SIDES	Boiled Rice, Garlic & Coriander Naan, Roasted Broccoli
DESSERT	Banana Flapjack

FRIDAY

MAIN MEAL	Battered Fish or Southern Fried Chicken
VEGGIE MEAL	Vegetable Finger Wrap with Iceberg Lettuce & Garlic Mayo
SIDES	Chips, Peas & Baked Beans
DESSERT	Sprinkle Cake

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 2: 8TH SEPT, 29TH SEPT, 20TH OCT, 10TH NOV, 1ST DEC, 22ND DEC, 12TH JAN, 2ND FEB, 23RD FEB, 16TH MAR, 6TH APR, 27TH APR, 18TH MAY
8TH JUN, 29TH JUN, 20TH JUL



MONDAY

MAIN MEAL	Chicken Tikka Masala
VEGGIE MEAL	Vegetable Pasanda
SIDES	Pilau Rice, Garlic & Coriander Naan & Roasted Cauliflower
DESSERT	Apple Crumble & Custard



TUESDAY

MAIN MEAL	Beef Lasagne with Garlic Bread
VEGGIE MEAL	Vegetarian Lasagne with Garlic Bread
SIDES	Side Salad & Carrots
DESSERT	Iced Carrot Cake

WEDNESDAY

MAIN MEAL	Garlic & Rosemary Roasted Chicken
VEGGIE MEAL	Vegetarian Hot Pot
SIDES	Roast Potatoes, Yorkshire Pudding, Roasted Carrots
DESSERT	Creamy Rice Pudding with Fruit Compote

THURSDAY

MAIN MEAL	Soy Chicken Noodles
VEGGIE MEAL	Mushroom Chow Mein
SIDES	Steamed Rice, Spring Rolls & Carrots
DESSERT	Orange Shortbread

FRIDAY

MAIN MEAL	Battered Fish or Grilled Sausage
VEGGIE MEAL	Vegetable Goujons
SIDES	Chips Peas & Baked Beans
DESSERT	Chocolate Rice Krispie Cake

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 3: 15TH SEPT, 6TH OCT, 27TH OCT, 17TH NOV, 8TH DEC, 29TH DEC, 19TH JAN, 9TH FEB, 2ND MAR, 23RD MAR, 13TH APR, 4TH MAY, 25TH MAY,
15TH JUN, 6TH JUL, 27TH JUL