



MONDAY



MAIN MEAL	Chicken Korma (MK,g)
VEGGIE MEAL	Saag Aloo (g)
SIDES	Jeera Rice, Chapati (G), Carrots, Roasted Cauliflower
DESSERT	Maryland Cookie (G,mk)

TUESDAY

MAIN MEAL	Beef & Vegetable Pie With Gravy (G)
VEGGIE MEAL	Vegetable Hot Pot (g)
SIDES	Mashed Potato, Broccoli, Carrots
DESSERT	Apple Crumble (G) with Custard (MK)

WEDNESDAY

MAIN MEAL	Lemon & Thyme Roast Chicken With Gravy
VEGGIE MEAL	Cheese & Onion Tart (G,MK,E)
SIDES	Roasted Potatoes, Yorkshire Pudding(MK,G,E), Seasonal Greens
DESSERT	Cherry Cornflake Cake (G,SU)

THURSDAY

MAIN MEAL	Chilli Con Carne (g)
VEGGIE MEAL	Chilli Sin Carne (SO,G)
SIDES	Arroz Verde, Sweetcorn, Coleslaw (E)
DESSERT	Chocolate & Pear Sponge (G,E)

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGGIE MEAL	Vegan Burger (G,se)
SIDES	Chips & Baked Beans
DESSERT	Banana Flapjack (G)

JACKET & PASTA BAR AVAILABLE DAILY

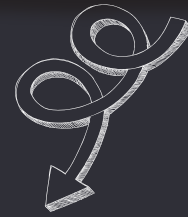
WEEK 1: 2ND SEPT, 23RD SEPT, 14TH OCT, 4TH NOV, 25TH NOV, 16TH DEC

**VERY
TASTY**



MONDAY

MAIN MEAL	Cumberland Sausage & Gravy (G)
VEGGIE MEAL	Vegan Sausage & Gravy (SO)
SIDES	Mashed Potatoes, Carrots & Peas
DESSERT	Chocolate Rice Krispie Cake (G)



TUESDAY

MAIN MEAL	Sweet & Sour Chicken (G,C)
VEGGIE MEAL	Mushroom Chow mien (G,E,SO,c,mu)
SIDES	Boiled Rice, Broccoli, Cauliflower
DESSERT	Apple & Carrot Flapjack (G)

WEDNESDAY

MAIN MEAL	Honey Roast Gammon
VEGGIE MEAL	Cauliflower Cheese (MK,G)
SIDES	Roasted Potatoes, Yorkshire Pudding (MK,G,E), Seasonal Greens
DESSERT	Lemon Drizzle Sponge (G,E)

THURSDAY

MAIN MEAL	Meatball Marinara
VEGGIE MEAL	Pomodoro Sauce (g)
SIDES	Spaghetti (G), Garlic Bread (G,so,mk) Carrots & Peas
DESSERT	Oat Cookie (G)

FRIDAY

MAIN MEAL	Battered Fish (G,F) or Grilled Sausages
VEGGIE MEAL	Vegetable Burrito (G,SO)
SIDES	Chips & Baked Beans
DESSERT	Chocolate & Beetroot Brownie (G,E)

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 2: 9TH SEPT, 30TH SEPT, 21ST OCT, 11TH NOV, 2ND DEC



MONDAY

MAIN MEAL	Roast Char Siu Chicken (G,SO,SE,c,mu)
VEGGIE MEAL	Sweet & Sour Vegetables (G,C)
SIDES	Boiled Rice, Spring Rolls (G,SO,se,mu), Pan Fried Cabbage
DESSERT	Orange Shortbread Biscuit (G)



TUESDAY

MAIN MEAL	Chicken Fajita
VEGGIE MEAL	Vegetable Fajita (G,SO)
SIDES	Taco, Tex Mex Wedges, Broccoli
DESSERT	Apple & Parsnip Cake (G,E)

WEDNESDAY

MAIN MEAL	Jerk Chicken
VEGGIE MEAL	Jamaican Coconut & Vegetable Curry
SIDES	Rice & Peas, Spicy Slaw
DESSERT	Chocolate Shortbread (G)

THURSDAY

MAIN MEAL	Goan Pulled Pork
VEGGIE MEAL	Vegetable Pasanda
SIDES	Bombay Potatoes, Garlic & Coriander Naan & Carrots
DESSERT	Carrot Cake (G,E)

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGGIE MEAL	Vegan Goujons & Chips
SIDES	Chips & Baked Beans
DESSERT	Cherry Cookie (G,SU)

JACKET & PASTA BAR AVAILABLE DAILY
WEEK 3: 16TH SEPT, 7TH OCT, 28TH OCT, 18TH NOV, 9TH DEC