



MONDAY

MAIN MEAL	Korean Chicken Bulgogi (G,SO,SU)
VEGGIE MEAL	Sweet & Sour Vegetables (G,C)
SIDES	Boiled Rice, Green Beans & Carrots
DESSERT	Maryland Cookie (G,mk)



TUESDAY

MAIN MEAL	Beef & Vegetable Pie (G) with Gravy
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(G,E,MK) & 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	Spicy Beef Burrito (G,E,MK,MU)
VEGGIE MEAL	Vegan Burger (G,se)
SIDES	Chips & Baked Beans
DESSERT	Banana Flapjack (G)

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 1: 6TH JAN, 27TH JAN, 17TH FEB, 10TH MAR, 31ST MAR, 21ST APR, 12TH MAY, 2ND JUN, 23RD JUN, 14TH JUL



MONDAY

MAIN MEAL	Chicken Tikka Masala (SO,MK)
VEGGIE MEAL	Gobi Dhal (g)
SIDES	Boiled Rice, Garlic & Coriander Naan (G) & Broccoli
DESSERT	Chocolate Rice Krispie Cake (G)



TUESDAY

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

WEDNESDAY

MAIN MEAL	Roast Turkey & Herby Gravy
VEGGIE MEAL	Cauliflower Cheese (MK,G)
SIDES	Roasted Potatoes, Yorkshire Pudding (G,E,MK) & Seasonal Greens
DESSERT	Lemon Drizzle Sponge (G,E)

THURSDAY

MAIN MEAL	Pollo Al Pesto (MK)
VEGGIE MEAL	Napolitana
SIDES	Penne Pasta (G), Garlic Bread (G,so,mk) & Broccoli
DESSERT	Oat Cookie (G)

FRIDAY

MAIN MEAL	Roasted BBQ Chicken
VEGGIE MEAL	Vegetable Burrito (G,SO)
SIDES	Chips & Baked Beans
DESSERT	Chocolate & Beetroot Brownie (G,E)

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 2: 13TH JAN, 3RD FEB, 24TH FEB, 17TH MAR, 7TH APR, 28TH APR, 19TH MAY, 9TH JUN, 30TH JUN, 21ST JUL



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) & Pan Fried Cabbage
DESSERT	Orange Shortbread Biscuit (G)



TUESDAY

MAIN MEAL	Aloo Beef Keema (g)
VEGGIE MEAL	Jalfrezi Paneer (MK,SU,g)
SIDES	Boiled Rice, Chapati (G), Broccoli & Carrots
DESSERT	Carrot Cake (G,E)

WEDNESDAY

MAIN MEAL	Honey Roast Gammon & Gravy
VEGGIE MEAL	Vegetarian Cottage Pie (SO,g)
SIDES	Roast Potatoes, Yorkshire Pudding (G,MK,E) & Roasted Carrots
DESSERT	Chocolate Shortbread (G)

THURSDAY

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

FRIDAY

MAIN MEAL	Southern Fried Chicken (G,C,E,SO)
VEGGIE MEAL	Vegan Goujons & Chips
SIDES	Chips & Baked Beans
DESSERT	Cherry Cookie (G,SU)

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 3: 20TH JAN, 10TH FEB, 3RD MAR, 24TH MAR, 14TH APR, 5TH MAY, 26TH MAY, 16TH JUN, 7TH JUL, 28TH JUL