



## MONDAY

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



## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

<b>MAIN MEAL</b>	Spicy Beef Burrito (G,E,MK,MU)
<b>VEGGIE MEAL</b>	Vegan Burger (G,se)
<b>SIDES</b>	Chips & Baked Beans
<b>DESSERT</b>	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, 1<sup>st</sup>TH JUL



## MONDAY

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



## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

<b>MAIN MEAL</b>	Roasted BBQ Chicken
<b>VEGGIE MEAL</b>	Vegetable Burrito (G,SO)
<b>SIDES</b>	Chips & Baked Beans
<b>DESSERT</b>	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

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



## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

<b>MAIN MEAL</b>	Southern Fried Chicken (G,C,E,SO)
<b>VEGGIE MEAL</b>	Vegan Goujons & Chips
<b>SIDES</b>	Chips & Baked Beans
<b>DESSERT</b>	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