



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

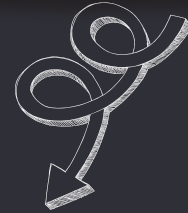
JACKET & PASTA BAR AVAILABLE DAILY

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



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: 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	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, Tex Mex Wedges, Broccoli
DESSERT	Apple & Parsnip Cake (G,E)

FRIDAY

MAIN MEAL	Southern Fried Chicken (G,C)
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