

WK 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Tea Break	Rocky Road	Homemade Shortbread	Hot Chocolate & Marshmallow	Muffins	Flapjacks	Assorted Biscuits	
Lunch	Oven baked lasagne with Garlic and herb bread, served with Peas & Corn	Roast stuffed Chicken roast potatoes cauliflower gratin & Gravy	Slow braised beef steak red wine jus creamed potato & fresh carrots	Selection of cold meats mixed salads & crispy roll	Fresh light crispy battered hake creamed potato mushy peas & tartar sauce	Beef Curry with boiled rice & sweetcorn	Roast Lamb with homemade Gravy Roast Potatoes & broccoli.
Lunch Vegetarian	Vegetable Lasagne Garlic & Herb bread & Salads	Stuffed Courgettes	Roasted Veg. Quiche with Mixed Salad	Crispy roll eggs & cheese with crispy roll	Tempura of mixed vegetables	Vegetable Curry with Rice with Mixed Salad	Vegetable Quiche
Desserts	Apple & Mixed Berry Crumble with custard	Chocolate Brownie with Fresh Cream	Lemon steamed pudding	Jelly & ice-cream	Banoffi Pie	Jam Donuts with Fresh Cream	Strawberry tart
Dinner	Cream of Chicken Soup	Butternut Squash Soup	Potato & Leek Soup	Cream of Mushroom Soup	Cream of tomato		Chocolate Treat
Supper	Hot kicking Chicken wings with Saute potato & mixed salads	Moroccan Lamb tangine with cous cous	Chorizo & pasta bake with mixed salads	Chicken & Ham Pie with baby boiled potato	Pork rib steak with French fries	Chicken Burger with Relish & French Fries - Mixed Salads	Jambons & baked beans

WK 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Tea Break	Rice crispy cake	Croissants	Banana bread	Hot chocolate	Shortbread	Assorted Biscuits	
Lunch	Beef and mushroom pie with puff pastry topping with creamed Potato & buttered carrots	Baked salmon coconut & chilli sauce Broccoli & rice	Roast Loin of pork with roast potatoes mixed veg & gravy	Sweet Potato & Carrot Soup mixed grill with hash brownes	Caribbean Lamb curry with rice	Szechuan beef with egg noodles	Roast Beef Roast potatoes broccoli & gravy
Vegetarian	Vegetable with puff pastry topping	Stuffed mushrooms	Savoury Rice	Scrambled eggs & grilled tomato	Caribbean Vegetable curry	Szechuan Vegetables with noodles	Vegetable stir fry
Dessert	Sticky toffee pudding with caramel sauce	Tiramisu	Blackforest Gateaux	Bread & butter pudding with custard	Lemon steamed pudding	Apple Lattice	Malteser cheesecake
Supper	Chicken & smoked bacon tacos with sour cream salsa cheese & guacamole	Beef burger mash & onion gravy	Lamb & penne gratin	Spaghetti bolognaise with parmesan cheese	Pizza & potato wedges with mixed salads	Chicken Goujons with French fries	Sausage roll & spaghetti hoops

WK 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Tea Break	Chocolate biscuit cake	Rocky road	Chocolate cookies	Shortbread	Oatmeal Slice	Assorted Biscuits	
Lunch	Coq-au-vin with garlic potato & fresh carrots	Minted grilled lamb chops with creamed potato & broccoli	Chicken Kiev boiled potatoes & French beans	Tomato & basil sausage with creamed potato and onion gravy	Smoked cod with boiled potato & garden peas	Tandori chicken drumsticks with rice	Baked ham with boiled cabbage & potato and fresh parsley sauce.
Vegetarian	Veg coq-au-vin	Aubergine with mozzarella tomato & drizzled basil oil	Roasted sweet potato with courgette and rosemary oil	Vegetable Frittata	Vegetable Omelette	Vegetable burger	French Onion & Cheese Tart
Dessert	Peach tart with fresh cream	Apple pie with custard	Eaton mess	Chocolate sponge with chocolate sauce	Banoffi Pie	Jam Doughnut with fresh cream	Chocolate fudge cake
Dinner	Carrot/Parsnip Soup	Tomato & Basil Soup	Carrot & Sweet Potato Soup	Chicken & Sweet corn Soup	Cream of Vegetable Soup		Chocolate Treat
Supper	B.B.Q ribs with egg fried rice	Chicken with spicy peanut sauce & coriander Noodles	Chilli baked potatoes with parmesan cheese	Chicken Louisiana fajitas	Bacon and pesto pasta with black olives	Hot dogs with mustard/tomato sauce & potato wedges	Pizza slice with Baked beans