



# MENU

## WEEK ONE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Tuna Pasta Bake	Chicken & Sweetcorn Puff Pastry Pie	Roast Beef & Yorkshire Pudding	Chicken & Butternut Squash Curry	Catch of the Day
Vegetarian	Autumn Vegetable & Chickpea Korma	Butternut Squash & Spicy Tomato Ragu	Root Vegetable Cottage Pie	Sweet Potato, Thyme & Leek Frittata	Battered Veggie Sausages
Starchy Food	Wholegrain Rice	Mash Potato	Roast Potatoes	Wholegrain Rice	Chips
Vegetable	Carrots & Sweetcorn	Green Beans & Peas	Savoy Cabbage & Carrots	Peas & Sweetcorn	Mushy Peas & Beans
Dessert	Apple Crunchy Crumble	Chocolate Bread Pudding	Creamy Rice Pudding	Gingerbread Cake	Oat & Raisin Cookie





# MENU

## WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Butcher's Sausages with Red Onion Gravy	Chilli Con Carne	Roast Chicken	Chicken Teriyaki	Catch of the Day
Vegetarian	Macaroni Cheese	Mixed Bean & Vegetable Burrito	Veggie Sausages with Herb Gravy	Root Vegetable Hotpot	Spicy Lentil & Bean Burger
Starchy Food	Mash Potato	Wholegrain Rice	Roast Potatoes	Tossed Noodles	Chips
Vegetable	Broccoli & Carrot Ribbons	Peas & Sweetcorn	Green Beans & Roast Parsnips	Broccoli & Carrot Batons	Peas & Baked Beans
Dessert	Fruity Muffin	Pear & Cocoa Sponge	Apple & Blackcurrant Crumble	Fruity Chocolate Bake	Apple Flapjack





# MENU

## WEEK THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	BBQ Boneless Chicken Thighs	Lime, Ginger & Soy Salmon Fillet	Roast Pork	Cottage Pie	Catch of the Day
Vegetarian	Root Vegetable Pasta Bake	Autumn Vegetarian Chilli	Roasted Vegetable Parcel	Vegetarian Bolognese	Cheese & Tomato Pizza
Starchy Food	Herby Diced Potatoes	Wholegrain Rice	Roast Potatoes	Spaghetti	Chips
Vegetable	Carrots & Broccoli	Red Cabbage & Peas	Carrots & Parsnips	Green Beans & Sweetcorn	Peas & Baked Beans
Dessert	Chocolate Orange Sponge with Chocolate Custard	Mixed Fruit Strudel	Baked Apple & Toffee Crumble	Butternut Squash Cake	Chocolate Brownie

