

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cottage Pie with creamy mashed potatoes	Moroccan Spiced Chicken Tagine	Roast Turkey with sage & onion stuffing	Lightly Spiced Lamb Biryani	Deep Fried Battered Cod with Lemon or Salmon Fishcakes
VEGETARIAN MEAL	Vegetarian Cottage pie with quorn and creamy mashed potatoes	Vegetarian Sausage, Tomato & Bean Caserole	Roasted Vegetable Toad in the Hole	Channa Masaladar (Vegan)	Roasted Vegetable & Feta Plait
CARBS	Mashed Potatoes	Roasted Vegetable Cous-Cous	Herb Infused Roast Potatoes	Coriander Rice or Bombay Potatoes	Chips or Jacket Potatoes
VEGETABLES	Baton Carrots Garden Peas	Garden Salad with Lemon Dressing	Local Greens	Cucumber Refresher Salad	Mushy Peas or Baked Beans
DESSERT	Warm Chocolate Brownie	Lemon Curd Sponge with Custard	Apple, Cinnamon & Date Crumble (Vegan)	Seasonal Fruit Eton Mess	Creamed Rice Pudding with Preserves

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Pie Puff Pastry Top	Chilli Con Carne	Roast Pork with Crackling and Apple Sauce	Beef Madras	Deep Fried Battered Cod with Lemon or Baked Pollock with a Herby Crust
VEGETARIAN MEAL	Shortcrust Topped Vegetable Pie (Vegan)	Spicy Sweetcorn Potato Cakes with Lentils & Salsa	Sweet Potato Vegetable Hot Pot (Vegan)	Chick Pea Aloo Gobi (Vegan)	Spanish Omelette
CARBS	Champ Mashed Potatoes with Spring Onion	Savoury Mexican Rice	Herb Infused Roast Potatoes	Pilau Rice or Bombay Potatoes	Chips or Jacket Potatoes
VEGETABLES	Baton Carrots Garden Peas	Sweetcorn, Onion and Coriander Salad	Seasonal Vegetables	Indian Carrot Salad	Mushy Peas or Baked Beans
DESSERT	Peach Melba (Vegan)	Chocolate & Mandarin Sponge	Orchard Fruit Pie (Vegan)	Raspberry Yoghurt Sponge	Pancakes with Fruit Compote

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Top Crust Minced Beef Pie	Lamb Bolognese with lentils	Slow Roasted Beef with Yorkshire Puddings	Chicken Bhuna	Deep Fried Battered Cod with Lemon or Cajun Salmon Wrap
VEGETARIAN MEAL	Samosa Pie	Vegetable Lasagne	Cheese & Red Onion Quiche	Lentil & Vegetable Curry (Vegan)	Home Made Bean Burgers (Vegan)
CARBS	Minted New Potatoes	Fusili Pasta Garlic Bread	Herb Infused Roast Potatoes	Coriander Rice or Bombay Potatoes	Chips or Jacket Potatoes
VEGETABLES	Baton Carrots Garden Peas	Spinach & Tomato Salad	Seasonal Roasted Roots with Rosemary	Lightly Spiced Cabbage	Mushy Peas or Baked Beans
DESSERT	Pear & Chocolate Sponge	Cherry Pie (Vegan)	Apple & Forest Fruits Crumble (Vegan)	Pineapple Upside-down Cake	Chocolate Bread & Butter Pudding