

WEEK ONE

MONDAY

Piri Piri Chicken served with diced sauté potato's & homemade salsa

Caribbean Jerk Vegetables with rice

Fish Finger Bloomer

Beef Burger with salad garnish served in a bun

TUESDAY

Beef Lasagne served with a side salad

Vegetable Biryani with naan bread & mango chutney

Southern Style Chicken Wrap

Speciality Pizza

WEDNESDAY

Roast Pork & Apple Sauce with roast potatoes and seasonal vegetables

Butternut Squash, Spinach & Chick Pea Puff Pie with seasonal vegetables

Fiery Chicken Wings served with a dip

Frankfurter Hotdog

THURSDAY

Meatballs in a tomato sauce with spaghetti & side salad

Moroccan Roasted Vegetables with cous cous

Hickory Smoked Chicken Wrap

Speciality Pizza

FRIDAY

Battered Fish served with chips, peas & tartar sauce

Macaroni Cheese served with garden peas

Loaded Nachos with a tasty choice of toppings

Chicken Burger with salad garnish served in a bun

A selection of rice, noodle or pasta dishes with a choice of tasty toppings



WEEK TWO

MONDAY

Spaghetti Bolognese
served with a side salad

Vegetable Balti
with rice, naan bread & mango chutney

Sweet Chilli }Chicken Wrap

Hot Dog with crispy onions

TUESDAY

Hoi Sin Chicken Noodles
with vegetables

Macaroni Cheese
served with garden peas

Beef Burrito

Speciality Pizza

WEDNESDAY

Roast Beef with Yorkshire pudding, roast potatoes & seasonal vegetables

Roasted Vegetable Parcel
served with seasonal vegetables

Pulled Pork served in ciabatta roll with coleslaw

Chicken Burger with salad garnish served in a bun

THURSDAY

Thai Chicken Curry
with rice, naan bread & mango chutney

Quorn Cottage Pie

Loaded Nachos
with a tasty choice of toppings

Speciality Pizza

FRIDAY

Battered Fish served with chips, peas & tartar sauce

Mixed Bean Chilli
with rice

Chicken Fajita Wrap

Beef Burger with salad garnish served in a bun

A selection of rice, noodle or pasta dishes *with a choice of tasty toppings*

WEEK THREE

MONDAY

Sausages and Mash *with baked beans*

Vegetable Chow Mein

Cajun Chicken Wrap

Beef Burger *with salad garnish served in a bun*

TUESDAY

Beef Chilli with Rice *served with a side salad*

Roasted Vegetable Lasagne *with a side salad*

Moroccan Vegetable Fajita Wrap

Speciality Pizza

WEDNESDAY

Roast Chicken & Stuffing *with potatoes and seasonal vegetables*

Vegetable Toad in the Hole *with seasonal vegetables*

Roast Chicken Yorkie

Meatball Sub

THURSDAY

Chicken Tikka *with rice and naan and mango chutney*

Macaroni Cheese *served with garden peas*

Caribbean Jerk Beef Ciabatta *with mango salsa*

Speciality Pizza

FRIDAY

Battered Fish *served with chips, peas & tartar sauce*

New Orleans Vegetable Jambalaya

Sweet Chilli Vegetable Burrito

Chicken Burger *with salad garnish served in a bun*

A selection of rice, noodle or pasta dishes *with a choice of tasty toppings*

