

Week 1

Monday

Chicken Tikka with Pilaf Rice, Poppadoms and Chutney
Oriental Stir Fry Vegetables and Noodles
Ring Donut or Fruit Salad

Tuesday

Cottage Pie
Vegetable Cottage Pie with Sweet Potato Topping
Rice Pudding with Jam or Fruit Salad

Wednesday

Roast Beef, Yorkshire Pudding and Horseradish Sauce
Roasted Vegetable Filled Yorkshire Pudding
Rhubarb Crumble and Custard

Thursday

BBQ Spare Ribs, Potato Wedges and Corn Cobettes
Vegetarian Cheesy Nacho's with Salsa
Fresh Fruit Salad or Yoghurt

Friday

Battered Fish and Chips
Pizza Margarita
Fruity Flapjack or Fruit Salad

WEEK 2

Monday

Spaghetti and Spicy Meatballs
Boston Style Baked Beans
Gingerbread Men or Fruit Salad

Tuesday

Beef and Barley Stew with Herby Dumplings
Cauliflower and Broccoli au Gratin
Pear and Blueberry Crumble with Cream

Wednesday

Roast Pork, Stuffing and Apple Sauce
Mixed Bean Quesadilla
Eve's Pudding with Custard

Thursday

Lasagne with Garlic Bread and Salad
Falafel Filled Pitta, Wedges and Salad
Fruit Muffin or Yoghurt

Friday

Fish Fingers and Chips
Twice Baked Potatoes
Oat Crunch Cookie or Fruit Salad

WEEK 3

Monday

Chicken Korma with Rice and Naan Bread
Sweet Potato and Butternut Squash Casserole
Chocolate Raspberry Brownie or Fruit Salad

Tuesday

Penne with Salmon and Broccoli
Roasted Vegetable Lasagne
Carrot Cake Muffin or Yoghurt

Wednesday

Roast Ham and Trimmings
Sweet Potato Pizza
Apple Crumble & Custard

Thursday

Chicken Fajitas with Spanish Rice
Vegetable Burger, Potato Wedges and Salad
Summer Fruit Eton Mess or Fruit Salad

Friday

Battered Fish & Chips
Cheesy Topped Vegetable Muffins
Friday Pancakes

WEEK 4

Monday

Sausage, Mash and Beans with Onion Gravy
Vegetarian Sausage and Mash
Fruit Salad or Yoghurt

Tuesday

Mexican Vegetarian Chilli with Nacho's
Ratatouille Pasta with Italian Bread
Yoghurt or Smoothie

Wednesday

Traditional Roast Chicken with Stuffing
Creamy Leek and Potato Bake
Jam Steamed Pudding and Custard

Thursday

Lasagne with Salad and Garlic Bread
Macaroni Cheese
Lemon and Raspberry Cake

Friday

Battered Fish and Chips
Crispy Spring Rolls
Chocolate Chip Cookies