

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	Slow braised beef steak in red wine jus onion & mushroom creamed mash & broccoli	Roast Stuffed Chicken roast potatoes cauliflower gratin & gravy	Braised Bacon chop with Parsley & butter crushed baby boiled Potato & cabbage	Fresh light crispy battered hake creamed potato mushy peas & tartar sauce	Beef Curry with boiled rice & Sweet corn	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	Creamed Carrot & Coriander soup	Chocolate Treat
Supper	Peri Peri marinated pulled chicken Breast with floury Bap & Saute Potato	Lamb tagine with Cous Cous	Chorizo & pasta in a fresh homemade tomato and Basil sauce	Baked chicken with hickory sauce ,smoked bacon, emmental cheese Mixed veg cous cous	Pork Stroganoff with Boiled Rice	Chicken Burger with Relish & French Fries Mixed Salads	Baked hot dog in a crispy Pastry with Spaghetti hoops

WK 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Tea Break	Rice crispy cake	Croissants	Banana bread	Hot chocolate	Shortbread	Assorted Biscuits
Lunch	Paupiette of beef with a savoury bread stuffing Creamed Potato Carrots & homemade Gravy	Seared blackened Salmon with Coriander Buttered baby boiled French beans	Roast Loin of pork with roast potatoes mixed veg & gravy	Sweet Potato & Carrot Soup mixed grill with hash browns	Braised Lamb and winter Vegetable Casserole with Mash Potato	Red Thai Beef Curry with Jasmine Rice	Roast Beef Roast potatoes broccoli & gravy Roast
Vegetarian	Paupiette of Vegetables	Stuffed mushrooms	Savoury Rice	Polenta and lentil cake with roasted onion	Caribbean Vegetable curry	Szechuan Vegetables with noodles	Vegetable stir fry
Dessert	Sticky toffee pudding with caramel sauce	Tiramisu	Black forest Gateaux	Bread & butter pudding with custard	Lemon steamed pudding	Apple Lattice	Malteser cheesecake
Supper	Chicken & smoked bacon tacos with sour cream salsa cheese & guacamole	Smoked Bacon Carbonara with Tagliatelle Pasta	Lamb Biryani served with Naan Bread	Spaghetti bolognese 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	Breaded Turkey Escalope with Cranberry Gravy Garlic & cheese potato & Green Beans	Giggot Lamb chops braised in oven with onion & light mint jus creamed Potato & carrots	Roast Honey glazed Gammon with Mash and Buttered Carrots & homemade Parsley sauce	Beef Strips served in a black bean sauce with boiled rice	Baked Salmon with Red Pesto & Parmesan topping baby boiled and Sweet Garden Peas	Sticky Chicken Drum sticks with Egg fried Rice	Roast Beef with Gravy
Vegetarian	Vegetable Bake with Bread topping	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	Pork Pie with Pastry topping & Sweet Garden Peas	Chicken with spicy peanut sauce & coriander Noodles	Chilli baked potatoes with parmesan cheese	Chicken chow mein with fine egg Noodles in a fresh Ginger Garlic & Soya Sauce	Meat balls in a Creamy Tomato & Basil Sauce	Hot dogs with mustard/tomato sauce & potato wedges	Pizza slice with Baked beans