

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Pork Sausage with Onion Gravy, Crispy Onion & Garlic topping	Homemade Italian Meatballs in Tomato Sauce	Roast Pork with Sage & Garlic Stuffing, Crackling & Gravy	Beef Madras Curry with Peppers	Deep Fried Battered Pollack with Lemon
VEGETARIAN MEAL	Quorn Sausage with Onion Gravy, Crispy Onion & Garlic topping	Italian Arrabiata with fresh Basil	Leek, Spinach & Courgette Tartlet with Fresh Rocket	Vegetable Madras Curry with Peppers & Leek	Wholesome Homemade Vegetable Quiche
CARBS	Creamy Mash & Homemade Yorkie	Spaghetti & Garlic Bread	Rosemary Infused Roast Potatoes & Homemade Yorkies	Basmati Rice with Star Anise	Chips or Chunky Wedges
VEGETABLES	Winter steamed vegetables	Salad Bar Selection	Carrot & Broccoli Medley	Indian Salad & Tomato Sambal	Garden Peas or Baked Beans
DESSERT	Banoffee Pie with Whipped Cream	Hot Chocolate Brownie with Chocolate Sauce	Strawberry Mousse with Fresh Fruit Skewer	Baked Syrup Popping with Coconut Custard	Fresh Fruit Salad with Pouring Cream

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Asian Chicken with Ginger & Soy	Moroccan Lamb Shoulder Tagine	Roast Turkey with Cranberry Stuffing & Gravy	Chicken Tikka Masala	Deep Fried Battered Pollack with Lemon
VEGETARIAN MEAL	BBQ Asian Vegetables	Vegetarian Tagine with Chickpeas	Roasted Quorn Fillet with Crunchy Herb Topping	Chickpea & Vegetable Tikka Masala	Vegetable Nuggets with Salsa
CARBS	Fragrant Coconut Rice	Fruited Cous Cous with fresh Coriander	Garlic & Herb Roast Potatoes & Homemade Yorkies	Turmeric & Lemon Basmati Rice	Chips or Chunky Wedges
VEGETABLES	Crunchy Asian Slaw	West African Salad	Seasonal Winter Vegetables	Indian Salad & Tomato Sambal	Garden Peas or Baked Beans
DESSERT	Pear & Apple Crisp with Rosemary & Maple Crumble	Moroccan Orange Cake	Chocolate Tart with White Chocolate Shavings	Chocolate Dipped Fruit Skewers	Lemon Drizzle Cake

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Homemade Beef Koftas with Tzatziki	Korean Fried Chicken Burger with Kimchi Slaw & Sticky Chilli	Honey Roast Gammon with Apple & Thyme Stuffing	Lamb Korma Curry	Deep Fried Battered Pollack with Lemon
VEGETARIAN MEAL	Homemade Vegetable Kofta	Korean Veggie Burger with Kimchi Slaw & Sticky Chilli	Hearty Homemade Vegetable Pasty	Coconut Vegetable Korma Curry	Wellington with Beetroot, Mushroom & Squash
CARBS	Pita Breads & Herby Potato Salad	Potato Wedges with Garlic Dipping Sauce	Thyme Infused Roast Potatoes	Coriander & Fresh Chilli Rice	Chips or Chunky Wedges
VEGETABLES	Spinach Tabbouleh	Salad Bar Selection	Glazed Chantarray Carrots	Indian Salad & Tomato Sambal	Garden Peas or Baked Beans
DESSERT	Malva Pudding with Vanilla Cream	Chocolate Cheesecake	Berry Fruit Crumble with Custard	Fruit Skewers with Vanilla & Honey Yogurt	Hot Chocolate Fudge Cake