

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mexican Spicy Savory Chunky Beef & Beans.	Chicken, Spinach & Mushroom Pie with Filo	Roast Pork with mushroom stuffing	Beef Madras Curry	Deep Fried Battered Cod with Lemon
VEGETARIAN MEAL	Quorn Ratatouille with Courgett & Aubergine	Vegetarian Shepherds Pie with Lentils	Vegetarian Toad in a Hole with onion gravy	Vegetable Madras Curry	Cheddar & Broccoli Quiche
CARBS	Rice with Sweetcorn & Nachos	Mashed Potato & Root Veg	Garlic & Herb Roast Potatoes	Coconut Basmati Rice & Onion Bhaji	Thick Cut Chips
VEGETABLES	Steamed green veg medley	Mange Tout & Carrots	Carrot & Cauliflower	Cucumber Refresher Salad	Garden Peas or Baked Beans
DESSERT	Syrup Pudding with Whipped Cream	Apple & Blueberry Crumble with Custard	Chocolate Brownie Pudding with Sauce	Lemon Drizzle Cake	Sticky Toffee Pudding with Custard

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Spaghetti Bolognese	Cumberland Pork Sausages	Roast Lamb with Lemon & Rosemary Stuffing	Chicken Korma Curry	Deep Fried Battered Cod with Lemon
VEGETARIAN MEAL	Quorn Spaghetti Bolognese	Linda McCartney Vegetarian Sausages	Creamy Vegetable Bake with Crispy Potato Topping	Vegetable Korma Curry	Red Pepper & Goats Cheese tartlet
CARBS	Rustic Garlic & Tomato Breads	Creamed Mash & Yorkie with gravy	Rosemary Roast Potatoes	Coriander & Lemon Basmati Rice	Thick Cut Chips
VEGETABLES	Mixed Garden Salad with Balsamic & Parmesan	Fried Onion & Green Peas	Seasonal Vegetable Medley	Cucumber Refresher Salad	Garden Peas or Baked Beans
DESSERT	Autumn Berry Coconut Crumble with Custard	Warm Chocolate Pudding with Sauce	Apricot Crumble with Custard	Fruit Salad with Whipped Cream	Apple Strudel

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Italian Meatballs with Penne	Moroccan Spiced Lamb Tagine	Roast Gammon with Sage & Onion Stuffing	Chicken Tikka Masala	Deep Fried Battered Cod with Lemon
VEGETARIAN MEAL	Mediterranean Vegetable pasta with Pesto	Black Bean Brazilian Feijao Stew	Baked Quorn & Broccoli Strudel with Tomato Sauce	Vegetable Tikka Masala	Crispy Vegetable Nuggets with Salsa
CARBS	Garlic & Tomato Rustic Bread	Wholesome Brown Rice	Seasoned Roast Potatoes	Tumeric Basmati Rice	Thick Cut Chips
VEGETABLES	Rocket Salad with Cherry Tomato & shaved Parmesan	Steamed Tender stem Broccoli	Seasonal Vegetable Medley	Cucumber Refresher Salad	Garden Peas or Baked Beans
DESSERT	Oaty Apple Crumble with Custard	Home Made Banoffee Pie	Chocolate & Beetroot Bake Brownie	Mango Layered Cheesecake	Pineapple Upside Down Cake