

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Tomato & Basil	Cream of Celeriac	Roasted Red Pepper	Carrot & Coriander	Pea & Mint
All Day	Sweet Potato Coconut Curry Served with Rice	Chilli Con Carne with Rice	Chickpea & Vegetable Tagine with Couscous	Linguine Amatriciana	Hoisin Shredded Pork with Rice
All Day V		Chilli Sin Carne with Rice		Linguine Arrabiatta	Sweet Chili Vegetable Noodles
Main Meal	Pesto Pasta with Broccoli, Cherry Tomatoes & Spinach	Carbonara	Creamy Chicken Pasta Sauce made with Tomato & Mascarpone	Chicken Katsu Curry	Cajun Chicken
Carbohydrate		Spaghetti	Penne Pasta	Rice	Sweet Potato Fondant
Veggie Main Meal	Tuscan White Bean, Spinach & Tomato Pasta	Mixed Vegetable Tomato Pasta	Tomato & Basil Pasta Sauce	Vegatsu Cauliflower Curry	Roasted cauliflower ½ steak
Vegetable	Fine Beans	Broccoli	Sweetcorn	Stir Fry Vegetables	Broccoli
Add On	Garlic Bread	Nachos - Guacamole – Sour Cream Garlic Bread	Garlic Bread	Garlic Bread	Garlic Bread
Accompaniment					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Miso & Vegetable Broth	Spiced Sweet Potato & Coconut	Cream of Mushroom Soup	Tomato & Basil	Spiced Carrot & Red Lentil Soup
All Day	Chickpea, Cauliflower & Spinach Tikka Masala & Rice	Chicken & Tomato Pasta Bake	Thai Green Curry with Rice	Lentil Masala & Rice	Beef Bolognese Pasta Bake
All Day V		Roasted Vegetables & Tomato Pasta Bake			Three Cheese Macaroni Pasta Bake
Main Meal	Pesto Pasta	Cottage Pie	Lasagne	Bolognese	Beef Tagine
Carbohydrate				Spaghetti	Couscous
Veggie Main Meal	Tuscan White Bean, Spinach & Tomato Pasta	Lentil Hotpot	Roasted Mediterranean Vegetable Lasagne	Tomato & Basil Pasta Sauce	Mixed Bean Vegetable Tagine
Vegetable	Broccoli	Carrots & Peas	Roasted Mediterranean Vegetables	Peas & Sweetcorn	Carrots
Add On	Samosa – Naan Bread Garlic Bread	Garlic Bread	Garlic Bread	Samosa – Naan Bread	Garlic Bread
Accompaniment	Mint Yoghurt Raita			Mint Yoghurt Raita	

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Orzo, Chickpea & Tomato soup	Mexican Mixed Bean Soup	Cream of Cauliflower Soup	Broccoli Soup	Spiced Butternut Squash
All Day	Sweet potato Feijoada with Rice	Creamy Chicken Pasta made with Tomato & Mascarpone	Creamy Mushroom Pasta	Butter Chicken Curry & Rice	Pepperoni Pizza & Baked Wedges
All Day V		Tomato & Basil Pasta		Lentil Masala & Rice	Margharita Pizza & Baked Wedges
Main Meal	Pumpkin Pasta with Kale & Cavolo Nero	Ham & leek pie	Mexican Pulled Pork	Italian Meatballs	
Carbohydrate		Crushed New Potatoes with Spring Onion & Parsley	Spicy Rice	Spaghetti	
Veggie Main Meal	Roasted Vegetable & Tomato Pasta	Mixed Bean Casserole	Chilli Sin Carne	Tomato & Basil Sauce	Cheesy Broccoli Pasta Bake
Vegetable	Broccoli	Garden Peas	Corn Salsa	Cauliflower	Corn on the Cob
Add On	Garlic Bread	Garlic Bread	Nachos – Guacamole – Sour Cream Garlic Bread	Samosa – Naan Bread Garlic Bread	Garlic Bread
Accompaniment				Mint Yoghurt Raita	Tomato Ketchup