

MONDAY

- MAIN MEAL** Moroccan Meatballs in a Tomato Sauce
- VEGGIE MEAL** Falafel in a Tomato Sauce ✓
- SIDES** Spiced Vegetable Cous Cous & Lebanese Flatbread ✓
- DESSERT** Cherry & Oat Cookie ✓

TUESDAY

- MAIN MEAL** Chinese Chicken Chow Mein
- VEGGIE MEAL** Chinese Marinated Tofu Chow Mein Style ✓
- SIDES** Beansprouts & Prawn Crackers ✓
- DESSERT** Fresh Fruit ✓

WEDNESDAY

- MAIN MEAL** Vegetable Biryani with Indian Curried Rice ✓
- SIDES** Naan Bread & Raita ✓
- DESSERT** Lemon Cake ✓

THURSDAY

- MAIN MEAL** Jacket Potato topped with Beef Chilli Con Carne
- VEGGIE MEAL** Jacket Potato topped with Vegetable Chilli ✓
- SIDES** Coleslaw ✓
- DESSERT** Fresh Fruit ✓

FRIDAY

- MAIN MEAL** Battered Fish with Chunky Chips
- VEGGIE MEAL** Southern Style Burger in a Brioche Bun & Relish with Chunky Chips ✓
- SIDES** Peas ✓
- DESSERT** Fresh Fruit ✓

16TH APR, 7TH MAY, 28TH MAY, 18TH JUNE, 9TH JULY, 3RD SEPT, 24TH SEPT, 15TH OCT
WEEK 1 - S C/S

MONDAY

- MAIN MEAL** Summer Pasta Pomodorini ✓
SIDES Homemade Bread & Caesar Salad ✓
DESSERT Oat Flapjack ✓

TUESDAY

- MAIN MEAL** Spanish Chicken Paella "Valencia"
VEGGIE MEAL Spanish Veggie Sausage Paella "Valencia" ✓
SIDES Homemade Bread & Sweetcorn ✓
DESSERT Fresh Fruit ✓

WEDNESDAY

- MAIN MEAL** Indian Spiced Chicken Stew with Potatoes
VEGGIE MEAL Indian Chickpea & Sweet Potato Curry ✓
SIDES Cucumber & Tomato Salad, Minted Yoghurt & Naan Bread ✓
DESSERT Chocolate & Beetroot Brownie ✓

THURSDAY

- MAIN MEAL** Izmir Beef Kofta with Potato Wedges & Tomato Sauce
VEGGIE MEAL Bean Kofta with Potato Wedges & Tomato Sauce ✓
SIDES Piyaz a White Bean Turkish Salad ✓
DESSERT Fresh Fruit ✓

FRIDAY

- MAIN MEAL** Battered Fish with Chunky Chips
VEGGIE MEAL Cheese & Tomato Pizza with Chunky Chips ✓
SIDES Baked Beans ✓
DESSERT Fresh Fruit ✓

23RD APR, 14TH MAY, 4TH JUNE, 25TH JUNE, 16TH JULY, 10TH SEPT, 1ST OCT
WEEK 2 - S C/S

MONDAY

- MAIN MEAL** Beef Bolognese & Penne Pasta
- VEGGIE MEAL** Vegetable Bolognese & Penne Pasta ✓
- SIDES** Garlic Bread & Fresh Green Leaf Salad ✓
- DESSERT** Maryland Cookie ✓

TUESDAY

- MAIN MEAL** Chicken Yakisoba with Noodles
- VEGGIE MEAL** Tofu Yakisoba with Noodles ✓
- SIDES** Seasonal Vegetables in a Sweet & Tangy Yakisoba Sauce ✓
- DESSERT** Fresh Fruit ✓

WEDNESDAY

- MAIN MEAL** Caribbean Veggie Curry with Rice & Peas ✓
- SIDES** Jamaican Slaw ✓
- DESSERT** Spiced Carrot Cake ✓

THURSDAY

- MAIN MEAL** Picadillo Puerto Rican Minced Beef Stew with Lemon & Coriander Rice
- VEGGIE MEAL** Puerto Rican Vegetable & Potato Stew with Lemon & Coriander Rice ✓
- SIDES** Green Salad ✓
- DESSERT** Fresh Fruit ✓

FRIDAY

- MAIN MEAL** Roasted Chicken Leg with Chunky Chips
- VEGGIE MEAL** Falafel Wrap & Minted Yoghurt with Chunky Chips ✓
- SIDES** Seasonal Vegetables ✓
- DESSERT** Fresh Fruit ✓

30TH APR, 21ST MAY, 11TH JUNE, 2ND JULY, 23RD JULY, 27TH AUG, 17TH SEPT, 8TH OCT
WEEK 3- S C/S