

THIS WEEK'S MENU

WEEK 1

MONDAY

Main Meal

Chinese Sweet and Sour Chicken served with Vegetable Rice, topped with Beansprouts

Vegetarian Option

Chinese Sweet and Sour Tofu served with Vegetable Rice (V)

Dessert

Fresh Fruit

TUESDAY

Main Meal

Lamb "Pasticcio" - Greek Pasta Bake made with Lamb Mince, Tomato Sauce and layers of Pasta, served with homemade Bread and a Green Leaf Salad

Vegetarian Option

Greek Pasta Bake made with Split Red Lentils, Tomato Sauce and Layers of Pasta, served with Homemade Bread (V)

Dessert

Homemade Cake

WEDNESDAY

Main Meal

Jerk Chicken Drumsticks with Rice and Peas

Vegetarian Option

Veggie Sausages in a Jerk Sauce, served with Rice and Peas (V)

Dessert

Fresh Fruit

THURSDAY

Main Meal

Jacket Potato topped with Cheese and Homemade Boston Beans (V)

Dessert

Freshly Baked Cookie

FRIDAY

Main Meal

Battered Fish served with Chunky Chips and Baked Beans

Vegetarian Option

Southern Style Burger with Relish, served with Chunky Chips (V)

Dessert

Fresh Fruit

WEEK 2

THIS WEEK'S MENU

MONDAY

Main Meal

Beef Bolognese and Penne Pasta served with Freshly Baked Garlic Bread and a Fresh Green Leaf Salad

Vegetarian Option

Vegetable Bolognese and Penne Pasta served with Freshly Baked Garlic Bread and Fresh Green Leaf Salad (V)

Dessert

Fresh Fruit

TUESDAY

Main Meal

Chicken "Yakisoba" Marinated Chicken and Japanese Style Noodles, with White Cabbage and Onion in a Spicy Sauce

Vegetarian Option

Marinated Tofu and Japanese Style Noodles, with White Cabbage and Onion in a Spicy Sauce (V)

Dessert

Homemade Cake

WEDNESDAY

Main Meal

Sweet Potato and Chickpea Curry, Patta Gohbi, Rice and Garlic Coriander Naan (V)

Dessert

Fresh Fruit

THURSDAY

Main Meal

Spanish "Paella Valenciana" Infused Rice, Chicken, Peas served with Sweetcorn and Homemade Bread

Vegetarian Option

Spanish "Paella Valenciana" Infused Rice, Veggie Sausage, Peas served with Sweetcorn and Homemade Bread (V)

Dessert

Homemade Cookie

FRIDAY

Main Meal

Battered Fish with Chunky Chips and Baked Beans

Vegetarian Option

Homemade Mexican Bean Burgers served with Salsa and Yoghurt Dip (V)

Dessert

Fresh Fruit

WEEK 3

THIS WEEK'S MENU

MONDAY

Main Meal

Chilli Con Carne and Rice served with Fresh Garden Peas

Vegetarian Option

Chilli Sin Carne and Rice served with Fresh Garden Peas (V)

Dessert

Fresh Fruit

TUESDAY

Main Meal

Butternut Squash and Parsnip Baked Pasta, Runnerbeans, Sweetcorn and Freshly Baked Bread (V)

Dessert

Homemade Cake

WEDNESDAY

Main Meal

BBQ Chicken served with Roasted Root Vegetables

Vegetarian Option

Costa Rican Black Bean Stew (V)

Dessert

Fresh Fruit

THURSDAY

Main Meal

Homemade Chicken Pie with Leeks and Butterbeans served with Peas and Carrots

Vegetarian Option

Caramelised Onion, Potato and Cheese Leek Pie (V)

Dessert

Homemade Cookie

FRIDAY

Main Meal

Fully Loaded Pizza slice with Chipped Potatoes

Dessert

Fresh Fruit