

Spring 2018 Menu week one

MONDAY

MAIN COURSE

Traditional Beef Lasagne

MAIN COURSE 2

Sausage & Five Bean Hotpot

VEGETARIAN CHOICE

Quorn Lasagne

STARCHY FOOD

Herby Diced Potatoes

VEGETABLES

Broccoli

DESSERT

Apple & Blackcurrant Crumble

TUESDAY

Chicken Curry

Salmon & Black Bean Stir Fry

Root Vegetable Curry

Wholegrain Rice

Peas & Sweetcorn

Chocolate & Orange Sponge with Chocolate Custard

WEDNESDAY

Roast Beef

Chicken & Sweetcorn Pie

Veggie Pinwheel

Mashed Potatoes

Swede & Carrots

Eve's Pudding

THURSDAY

Moroccan Chicken

Beef Stroganoff

Sweet Potato & Mixed Bean Enchilada

Couscous

Green Beans

Strawberry Mousse

FRIDAY

Catch of the Day

Chicken & Mixed Bean Tortilla Bake

Battered Quorn Sausages

Chips

Baked Beans or Mushy Peas

Oatmeal & Raisin Cookie



Spring 2018 Menu week two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Tandoori Chicken	Chicken Pasta Bake	Roast Turkey	Aromatic Beef Curry	Catch of the Day
MAIN COURSE 2	Beef & Mixed Bean Burrito	Pork Meatballs in Tomato & Basil Sauce	Maple Glazed Bacon Loin	BBQ Cheesy Chicken	Beef & Onion Pie
VEGETARIAN CHOICE	Chickpea & Vegetable Tagine	Root Vegetable & Quorn Ragu	Quorn Sausages & Veggie Gravy	Five Bean & Quorn Chilli	Roasted Vegetable Lasagne
STARCHY FOOD	Couscous or Vegetable Rice	Wholemeal Pasta	Mashed Potato	Wholegrain Rice	Chips
VEGETABLES	Broccoli	Green Beans	Braised Red Cabbage	Peas & Sweetcorn	Baked Beans or Mushy Peas
DESSERT	Treacle Apple Pudding	Chocolate Brownie	Zesty Orange Drizzle Cake	Fruity Chocolate Cake	Fruity Jelly



Spring 2018 Menu week three

MONDAY

MAIN COURSE

Tuna Pasta Bake

MAIN COURSE 2

Chicken & Leek Pie

VEGETARIAN CHOICE

Macaroni Cheese

STARCHY FOOD

Herby Diced Potatoes

VEGETABLES

Peas & Sweetcorn

DESSERT

Baked Citrus & Vanilla Rice Pudding

TUESDAY

Cottage Pie

Sweet Chilli Chicken

Vegetable & Quorn Stir Fry

Egg Noodles or Baked Potato Wedges

Carrots & Broccoli

Gingerbread Cake

WEDNESDAY

Roast Chicken

Cumberland Sausages & Caramelised Onion Gravy

Quorn Toad in the Hole

Mashed Potato

Steamed Savoy Cabbage

Mixed Fruit Crumble

THURSDAY

Sweet & Sour Chicken

Pork Teriyaki

Cauliflower, Sweet Potato & Chickpea Korma

Wholegrain Rice

Green Beans

Apple Pie

FRIDAY

Catch of the Day

Crispy Chicken Wrap

Quorn Cottage Pie

Chips

Baked Beans or Mushy Peas

Chocolate Banana Cake