

## WEEKLY MENU

- Dietary Requirements Available
- Advanced Menu Plans
- Freshly Prepared Everyday





# Lunch & Dessert Menu WEEK 1

## Monday

### Lunch

Chicken pasta  
in a blended tomato & mixed bell pepper sauce  
or

Butterbean pasta  
in a blended tomato & mixed pepper sauce

### Dessert

Natural yoghurt w/ berry couli

## Tuesday

### Lunch

Indian lentil & carrot daal  
sw/ rice

### Dessert

100% Fresh seasonal  
fruit salad

## Wednesday

### Lunch

MSC cod fishcake  
sw/ potato, broccoli & smooth parsley sauce  
or

Seasoned vegetable nuggets  
sw/ potato, broccoli & smooth parsley sauce

### Dessert

Strawberry jelly

## Thursday

### Lunch

Chicken rogan josh curry  
sw/ wholemeal chapati  
or

Chickpea & green bean rogan josh curry  
sw/ wholemeal chapati

### Dessert

Fresh berry yoghurt  
w/ apples

## Friday

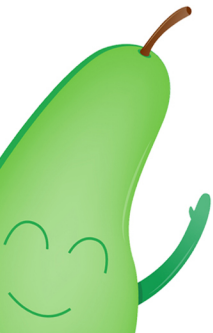
### Lunch

Butchers pork sausage in baked beans  
sw/ baby potato & peas  
or

Vegetarian sausage in baked beans  
sw/ baby potato & peas

### Dessert

Fruity frubes





## Lunch & Dessert Menu WEEK 2

### Monday

#### Lunch

Thai sweet & sour turkey mince  
sw/ jasmine rice

or

Thai sweet & sour vegetarian meatballs  
sw/ jasmine rice

#### Dessert

Whipped strawberry mousse

### Tuesday

#### Lunch

Lightly seasoned chicken in gravy  
sw/ baby potato, carrot & peas  
or

Courgette & lentil puff pie  
sw/ baby potato, carrot & peas

#### Dessert

Natural yoghurt w/ smooth mango

### Wednesday

#### Lunch

Mediterranean ratatouille pasta  
in a smooth ragout sauce

#### Dessert

100% Fresh  
melon slices

### Thursday

#### Lunch

MSC salmon fishcake  
or

Seasoned vegetable nuggets  
Both sw/ potato, carrot, green bean, broad bean,  
sweetcorn, peas & creamy cheese sauce

#### Dessert

Orange jelly

### Friday

#### Lunch

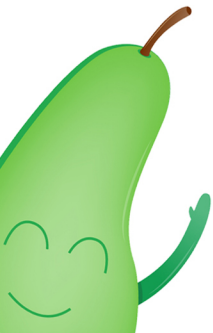
Chicken tikka masala curry  
sw/ basmati rice

or

Cauliflower tikka masala curry  
sw/ basmati rice

#### Dessert

Homemade beetroot chocolate  
brownie





# Lunch & Dessert Menu WEEK 3

## Monday

### Lunch

Alaska pollock macaroni cheese  
sw/ sweetcorn & peas

or

Cauliflower macaroni cheese  
sw/ sweetcorn & peas

### Dessert

Strawberry jelly

## Tuesday

### Lunch

Southern bbq chicken  
sw/ soft tortilla wraps, fresh apple & carrot coleslaw  
or

Seasoned vegetable nuggets  
sw/ soft tortilla wraps, fresh apple & carrot coleslaw

### Dessert

Fresh orange smiles

## Wednesday

### Lunch

Butternut squash and red lentils  
sw/ basmati rice

### Dessert

Whipped chocolate mousse

## Thursday

### Lunch

Marinated chicken in gravy  
or

Vegetable finger

Both sw/ potato, carrot, green bean, broad bean,  
sweetcorn & peas

### Dessert

Natural yoghurt w/ apricot

## Friday

### Lunch

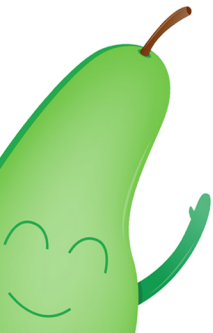
Mexican lamb chilli con carne  
sw/ basmati rice

or

3-bean chilli con carne  
sw/ basmati rice

### Dessert

Very berry mess





## Lunch & Dessert Menu WEEK 4

### Monday

Lunch  
Italian beef spaghetti bolognese  
or  
Italian mixed bean & vegetable  
spaghetti bolognese

Dessert  
Fruity petit filous

### Tuesday

Lunch  
Fluffy baked potato  
sw/ baked beans & cheese

Dessert  
Raspberry jelly

### Wednesday

Lunch  
Moroccan apricot chicken  
sw/ seasoned couscous  
or  
Moroccan apricot chickpea  
sw/ seasoned couscous

Dessert  
Butterscotch delight

### Thursday

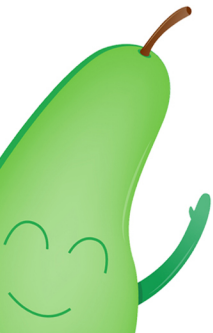
Lunch  
Chicken in a Japanese katsu curry sauce  
sw/ basmati rice  
or  
Aubergine in a Japanese katsu curry sauce  
sw/ basmati rice

Dessert  
Natural yoghurt w/ banana

### Friday

Lunch  
Cod fish dog  
or  
Veggie dog  
Both sw/ sweetcorn cobbettes & tomato ketchup

Dessert  
Pineapple sponge cake  
sw/ custard





# Afternoon Tea Menu WEEK 1

## Monday

Afternoon Tea  
Tomato & basil soup  
sw/ bread

## Tuesday

Afternoon Tea  
Salsa tex mex pasta

## Wednesday

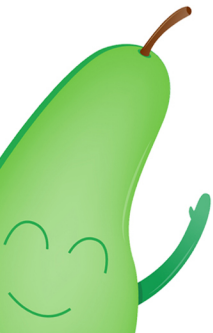
Afternoon Tea  
Chicken sandwich  
or  
Cheese sandwich  
All sw/ cucumber slices

## Thursday

Afternoon Tea  
Turkish bulgur wheat & couscous in a tomato sauce  
w/ chickpea & vegetables

## Friday

Afternoon Tea  
Tuna & sweetcorn  
or  
Grated cheese  
All sw/ pitta bread & lettuce





# Afternoon Tea Menu

## WEEK 2

### Monday

Afternoon Tea  
Baked beans on toast

### Tuesday

Afternoon Tea  
Stir fry vegetables in a pineapple & ginger sauce  
w/ egg noodles

### Wednesday

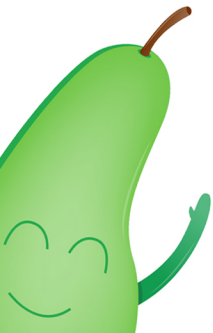
Afternoon Tea  
Smooth leek & vegetable soup  
sw/ bread

### Thursday

Afternoon Tea  
Cheese & broccoli quiche  
sw/ carrot & cucumber

### Friday

Afternoon Tea  
Cream cheese sandwich  
sw/ cucumber





# Afternoon Tea Menu

## WEEK 3

### Monday

Afternoon Tea  
Spaghetti hoops on toast

### Tuesday

Afternoon Tea  
Cream cheese sandwich  
sw/ carrot

### Wednesday

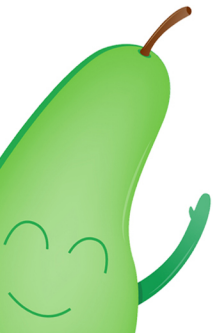
Afternoon Tea  
Traditional minestrone soup  
sw/ bread

### Thursday

Afternoon Tea  
Tomato & bell pepper pasta salad

### Friday

Afternoon Tea  
Yellow split pea daal  
sw/ bread







# Afternoon Tea Menu

## WEEK 4

### Monday

Afternoon Tea  
Baked beans on toast

### Tuesday

Afternoon Tea  
Cheese & tomato quiche  
sw/ carrot & cucumber

### Wednesday

Afternoon Tea  
Chicken sandwich sw/ lettuce  
or  
Cheese sandwich sw/ lettuce

### Thursday

Afternoon Tea  
Homemade bean potato salad

### Friday

Afternoon Tea  
Carrot & orange soup  
sw/ bread

