

# THIS WEEK'S MENU



| WEEK 1                     | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|----------------------------|--|--|---|---|---|
| <b>SOUP</b>                | Leek & Potato Soup<br>Homemade Bread   | Pea Soup<br>Homemade Bread   | Tomato & Basil Soup<br>Homemade Bread   | Minestrone Soup<br>Homemade Bread   | Broccoli Soup<br>Homemade Bread   |
| <b>MAIN COURSE 1</b>       | Chicken & Chorizo in a spicy tomato sauce  | Roast Loin of Pork<br>Yorkshire Pudding<br>Gravy                                     | Lamb & Spinach<br>Keema<br>Mint Yoghurt   | Honey & Soy Sticky<br>Chicken   | Chip Shop Friday<br>Homemade Tartar<br>Sauce and Lemon<br>Wedge                   |
| <b>MAIN COURSE 2</b>       | Winter Greens &<br>Squash Lasagne  | Butter Bean &<br>Couscous Tagine   | Oumph & Vegetable<br>Hot Pot  | Classic Mac & Cheese  | Halloumi Burger in<br>Brioche Bun   |
| <b>ON THE SIDE</b>         | Lemon Parsley<br>Potatoes<br>Steamed Courgettes<br>Seasoned Sweetcorn<br><br>Jacket & Pasta Bar<br>Salad Bar | Carrots<br>Roast Potatoes<br>Steamed Broccoli<br><br>Jacket & Pasta Bar<br>Salad Bar | Turmeric Rice<br>Savoy Cabbage<br>Spiced Cauliflower<br><br>Jacket & Pasta Bar<br>Salad Bar | Noodles<br>Green Beans<br>Buttered Carrots<br><br>Jacket & Pasta Bar<br>Salad Bar | Garden Peas<br>Baked Beans<br>Skinny Fries<br><br>Jacket & Pasta Bar<br>Salad Bar |
| <b>HOT OR COLD DESSERT</b> | Strawberry<br>Cheesecake<br><br>Fresh Yoghurt or Fruit   | Berry Crumble<br><br>Fresh Yoghurt or Fruit  | Cinnamon Rice<br>Pudding<br><br>Fresh Yoghurt or Fruit                                      | Raspberry Fool<br><br>Fresh Yoghurt or Fruit                                      | Chocolate Brownie<br><br>Fresh Yoghurt or Fruit                                   |

# THIS WEEK'S MENU



| WEEK 2                     | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|----------------------------|--|---|--|--|--|
| <b>SOUP</b>                | Spinach & Potato Soup<br><br>Homemade Bread  | Sweetcorn Chowder<br><br>Homemade Bread   | Carrot & Coriander Soup<br><br>Homemade Bread  | Cauliflower & Lentil Soup<br><br>Homemade Bread                                | Broccoli Soup<br><br>Homemade Bread  |
| <b>MAIN COURSE 1</b>       | Tandoori Chicken Curry   | Classic Beef Lasagne  | Butcher's Choice Sausages  | Garlic & Thyme Roasted Chicken Thighs  | Chip Shop Friday<br>Homemade Tartar Sauce and Lemon Wedge                  |
| <b>MAIN COURSE 2</b>       | Vegetable & Lentil Curry   | Vegetable & Spinach Moussaka  | Vegetarian Sausages  | Mushroom & Lentil Cottage Pie  | Quorn Chilli Burrito with Sour Cream                                       |
| <b>ON THE SIDE</b>         | Pilau Rice<br>Green Beans<br>Spiced Courgette<br>Poppadom<br><br>Jacket & Pasta Bar<br>Salad Bar | Garlic Bread<br>Sweetcorn<br>Green Cabbage<br><br>Jacket & Pasta Bar<br>Salad Bar | Mashed Potatoes<br>Carrots<br>Courgettes<br>Gravy<br><br>Jacket & Pasta Bar<br>Salad Bar | Roast Potatoes<br>Peas & Leeks<br>Gravy<br><br>Jacket & Pasta Bar<br>Salad Bar | Skinny Fries<br>Peas<br>Baked Beans<br><br>Jacket & Pasta Bar<br>Salad Bar |
| <b>HOT OR COLD DESSERT</b> | Apple Crumble & Custard<br><br>Fresh Yoghurt or Fruit  | Vanilla Cheesecake<br><br>Fresh Yoghurt or Fruit                                  | Jam Sponge & Cream<br><br>Fresh Yoghurt or Fruit   | Oratory Trifle<br><br>Fresh Yoghurt or Fruit                                   | Fruity Flapjack<br><br>Fresh Yoghurt or Fruit                              |

# THIS WEEK'S MENU



| WEEK 3                     | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|----------------------------|--|--|--|---|--|
| <b>SOUP</b>                | Vegetable Soup<br><br>Homemade Bread   | Sweet Potato & Pepper Soup<br><br>Homemade Bread   | Roasted Pepper & Tomato Soup<br><br>Homemade Bread                     | Carrot & Cumin Soup<br><br>Homemade Bread   | Squash Soup<br><br>Homemade Bread  |
| <b>MAIN COURSE 1</b>       | Sweet Chilli Beef Nachos, Salsa, Guacamole                                       | Chicken & Ham Pie  | Pulled Pork Shoulder Apple & Thyme Sauce                               | Chicken Buna Naan Mango Chutney   | Chip Shop Friday Homemade Tartar Sauce and Lemon Wedge                     |
| <b>MAIN COURSE 2</b>       | Butternut Squash & Sage Risotto  | Red Pepper & Chickpea Curry  | Spinach Quorn & Red Onion Crumble                                      | Bean Chilli with Baked Nachos Salsa   | Baked Breaded Brie with Cranberry Dip                                      |
| <b>ON THE SIDE</b>         | Rice<br>Green Beans<br>Seasoned Sweetcorn<br><br>Jacket & Pasta Bar<br>Salad Bar | Baked New Potatoes<br>Steamed Courgettes<br>Seasoned Greens<br><br>Jacket & Pasta Bar<br>Salad Bar | Noodles<br>Baby Corn<br>Carrots<br><br>Jacket & Pasta Bar<br>Salad Bar | Pilaff Rice<br>Green Beans<br>Turmeric Cauliflower<br><br>Jacket & Pasta Bar<br>Salad Bar | Peas<br>Baked Beans<br>Skinny Fries<br><br>Jacket & Pasta Bar<br>Salad Bar |
| <b>HOT OR COLD DESSERT</b> | Homemade Cookie<br><br>Fresh Yoghurt or Fruit                                    | Mixed Berry Cobbler<br><br>Fresh Yoghurt or Fruit  | Rice Pudding with Fruit Compote<br>Fresh Yoghurt or Fruit              | Chocolate Fudge Cake<br><br>Fresh Yoghurt or Fruit  | Raspberry Jelly<br><br>Fresh Yoghurt or Fruit                              |