

# What's for lunch this week?

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Baked Beef Lasagne	Chilli Con Carni	Roast Chicken Leg with Sage & Onion Stuffing Ball	Chicken Tikka Masala	Battered Cod
Vegetarian Main Meal	Vegetarian Lasagne	Vegetarian Chilli	Cheesy Leek Crumble	Mild Vegetable Tika Massala	Roasted Butternut Squash Quiche
Carbs	Garlic Bread	Rice	Roast Potatoes	Pilau Rice	Chips
Vegetable Sides	Garden Peas Side Salad	Tortilla Chips Mexicorn	Sauté Savoy Cabbage & Roast parsnips	Red Onion Cucumber & Mint Salad & Naan	Garden Peas or Baked Beans
Dessert	Apple Sponge & Custard	Key Lime Pie	Bread & Butter Pudding	Tiramisu	Cold Pudding Pots

# What's for lunch this week?

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Chicken & Mushroom Pie	Sausage Casserole	Roast Gammon & Pineapple	Chicken Passanda Curry	Crispy Battered Cod with tartare Sauce
Vegetarian Main Meal	Quorn & Mushroom Pie	Veggie Sausage Casserole	Stuffed Baked Peppers with Apricot Rice	Vegetable Passanda Curry	Cheese & Tomato Flan
Carbs	New Boiled Potatoes	Mashed Potatoes	Herb Crusted Roast Potato	Pilau Rice	Chips
Vegetable Sides	Broccoli Florets & Cauliflower Cheese	Garden Peas Vichy Carrots	Red Cabbage Courgette Provencal	Naan Mango Chutney	Garden Peas or Baked Beans
Dessert	Chocolate Orange Pudding & Choccy Sauce	Spiced Apple Crumble & Custard	Summer fruit Sponge	Pears & chocolate Sauce	Cold Pudding Pots

# What's for lunch this week?

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cottage Pie	Spaghetti Bolognese	Roast Pork Shoulder & Sage & Onion	Chicken Madras	Crispy Baked Cod
Vegetarian Main Meal	Vegetarian Cottage Pie	Veggy Bolognese	Tomato & Basil Pasta Bake	Vegetable Madras	Sweet Potato & Red Onion Frittata
Carbs	Garden Peas Baton Carrots	Garlic Bread Side Salad	Roast Potatoes	Basmati Rice	Chips or Jacket Potato
Vegetable Sides	Side Salad	Green Beans	Roast Vegetables Saute Leeks	Sag Aloo Onion Bhaji	Garden Peas or Baked Beans
Dessert	Mixed Fruit Crumble & Custard	Lemon & Cinnamon Rice Pudding	Carrot Cake with vanilla Sauce	Banoffi Pie	Cold Pudding Pots