

wk1 MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Main Event**

Spaghetti in a rich bolognese sauce with garlic bread sweetcorn and mixed salad

Chicken fajitas with rice, nachos and green salad

Pulled beef with stir fried vegetables and egg noodles

Roast turkey with stuffing roast potatoes fresh savoy cabbage and carrots

Bread crumbed Pollack with tartare sauce chunky chips garden peas and baked beans

**Meat Free**

Chilli bean burrito with sweetcorn mixed salad and new potatoes

Vegetable and spinach curry with rice naan bread and green salad

Roasted vegetable and tomato pasta bake

Cauliflower, broccoli and leek in a cheese sauce with roast potatoes

Cheese tomato pizza slice with chunky chips garden peas and baked beans

**Re-Energize**

Jacket Potatoes and Pasta with Homemade Sauces and Toppings and selection of daily special hot wraps and subs

**Raw Bar**

Great Salads and Proteins Served Daily

**Pudding**

Rhubarb crumble with custard

Jam and coconut cake with custard

Chocolate and orange sponge with custard

Banana Sponge with custard

Pear upside down cake with vanilla sauce

**Desserts**

A selection of fresh fruit pots - fruit jellies homemade muffins and cake selection

Lunch



wk2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Main Event**

**Creamy chicken  
curry with naan  
bread rice  
sweetcorn  
cucumber riata**

**Traditional beef  
lasagne with new  
potatoes garden  
peas and mixed  
salad**

**Roast pork with  
stuffing roast  
potatoes savoy  
cabbage and  
roasted root  
vegetables**

**Chicken and  
sweetcorn pasta  
in a creamy  
sauce with  
garden peas and  
fresh carrots**

**Breaded fish with  
chunky chips  
garden peas and  
baked beans**

**Meat Free**

**Butternut squash  
risotto with naan  
bread sweetcorn  
and mixed salad**

**Creamy vegetable  
carbonara with  
new potatoes  
garden peas and  
mixed salad**

**Cheese and onion  
quiche with roast  
potatoes and  
mixed salad**

**Cheese and bean  
bruschetta with  
garden peas and  
fresh carrots**

**Homemade  
wholemeal bread  
pizza with  
chunky chips  
garden peas and  
baked beans**

**Re-Energize**

**Jacket Potatoes and Pasta with Homemade Sauces and Toppings and selection of daily special hot wraps and subs**

**Raw Bar**

**Great Salads and Proteins Served Daily**

**Pudding**

**Jam sponge with  
custard**

**Iced carrot cake**

**Chocolate and  
Orange sponge  
with Chocolate  
sauce**

**Oaty Fruit  
crumble with  
custard**

**Jammy bread and  
butter pudding  
with custard**

**Desserts**

**A selection of fresh fruit pots / fruit jellies and daily specials**

**Lunch**



wk3 MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Main Event**

Spicy garlic chilli chicken with rice naan bread and green salad

Butcher sausage and onion with creamy mash green beans and fresh carrots

Roast chicken with sage & onion stuffing roast potatoes and seasonal vegetables

Chilli con carne with rice nachos and mixed salad

Battered fish with chunky chips garden peas and baked beans

**Meat Free**

Vegetable frittata with new potatoes and green salad

Roasted vegetable turnover with creamy mash green beans and fresh carrots

Quorn and vegetable chilli with nachos and cucumber riatata

Macaroni cheese with nachos and mixed salad

Fresh tomato and rocket pizza slice with chunky chips garden peas and baked beans

**Re-Energize**

Jacket Potatoes and Pasta with Homemade Sauces and Toppings and selection of daily special hot wraps and subs

**Raw Bar**

Great Salads and Proteins Served Daily

**Pudding**

Oaty apple crumble with custard

Orange and lemon sponge with warm vanilla sauce

Warm apricot flapjacks

Chocolate sponge with chocolate sauce

Blueberry muffin cake with Custard

**Desserts**

A selection of fresh fruit pots / fruit jellies and daily specials

Lunch

