

WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato & Basil Soup	Parsnip & Apple Soup	Carrot & Coriander Soup	Leek & Potato Soup	Honey Roasted Butternut Squash Soup
MAIN MEAL 1	Pork Meatballs Sticky BBQ & Tomato Drizzle	Cottage Pie topped with Crushed Sweet & New Potatoes	Roast Gammon with a Rich Thyme Gravy	Creamy Chicken & Leek Pie	Pizza Bar Pepperoni
MAIN MEAL 2	Bean & Vegetable Chilli	Lentil & Roast Pumpkin Cottage Pie	Vegetable & Chick Pea Parcels with Tomato Salsa	Vegetable & Paneer Curry with Basmati Rice	Mozzarella & Basil Roasted Vegetable
ON THE SIDE	Steamed Rice	Herb Focaccia	Garlic & Thyme Roast Potatoes	Parsley Buttered New Potatoes	Chunky Chips
VEGETABLES	Roast Carrots & Sweetcorn	Steamed Cauliflower Savoy Cabbage	Broccoli & Carrots	Courgettes and Green Beans	Baked Beans Creamy Slaw
JACKET/PASTA BAR	Penne Pasta Tomato & Basil Sauce	Baked Jacket or Sweet Potatoes with Beans & Cheese	Penne Pasta Roast Red Pepper & Olive	Baked Jacket or Sweet Potatoes with Beans & Cheese	Macaroni Cheese
SALAD BAR	Crispy Bacon & Rocket Salad with Parmesan Shavings	Quinoa, Kale & Pomegranate Salad	Beetroot, Avocado and Boconcini Salad	Smoked Mackerel Salad	Broad Bean and Herb Salad
DESSERT	Peach Melba Crumble and Vanilla Custard	Selection of Cut & Whole Fruit Yoghurt Bar	 Lemon Drizzle Cake	Selection of Cut & Whole Fruit Yoghurt Bar	Homemade Shortbread

WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Courgette & Mint Soup	Mulligatawny Soup	Green Lentil & Harissa Soup	Miso, Vegetable & Noodle Broth	Kale & Potato Soup
MAIN MEAL 1	Chunky Beef Chilli Salsa & Nachos Guacamole & Sour Cream	Dukes Sausage Bar A selection of Sausages with Red Onion Gravy	Roast Loin of Pork with Apple Sauce & Gravy	Chinese Chicken with Pak Choi & Sweet Peppers Spring Rolls	Fish Fingers Tartare Sauce & Lemon
MAIN MEAL 2	Spinach & Sweet Potato Filo Pie	Vegan Sausages	Cauliflower and Pumpkin Coconut Curry Steamed Rice	Stuffed Beef Tomatoes with Halloumi & Quinoa	Roasted Vegetable Tarts with Mozzarella & Basil
ON THE SIDE	Steamed Rice	Mashed Potatoes	Roast New Potatoes	Steamed Rice	Chunky Chips
VEGETABLES	Sweetcorn & Broccoli	Steamed Peas Sweet Chilli Cauliflower	Roast Carrot & Parsnips	Savoy Cabbage & Green Beans	Peas Baked Beans
JACKET/PASTA BAR	Penne Pasta Roasted Plum Tomato & Basil	Baked Jacket or Sweet Potatoes with Beans & Cheese	Penne Pasta with Roast Vegetables & Tomato	Baked Jacket or Sweet Potatoes with Beans & Cheese	Penne Pasta with Basil Pesto
SALAD BAR	Chicken Caesar	Roasted Sweet Potato & Chickpea Salad	Cajun Salmon & Roasted Sweetcorn Salad	Minted Pea & Feta Salad	Black Quinoa & Fennel
DESSERT	Apple & Pear Cinnamon Cobbler and Custard	Selection of Cut & Whole Fruit Yoghurt Bar	Oat & Raisin Cookie	Selection of Cut & Whole Fruit Yoghurt Bar	Banana Cake

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WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Thai Butternut & Coconut Soup	Tomato Soup	Mexican Charred Sweetcorn Soup	Vegetable & Lentil Soup	Pea & Mint Soup
MAIN MEAL 1	Creamy Coconut Chicken Curry Naan Bread	Sweet Chilli Chicken Breast with Mango and Tomato Salsa	Roast Turkey Breast with Rich Gravy	Traditional Beef Lasagne	Batter Crisp Cod Tartare Sauce & Lemon
MAIN MEAL 2	Sweet Potato, Spinach & Feta Frittata	Moroccan Vegetable Tagine with Couscous	Vegetable & Bean Wellington	Squash & Spinach Risotto	Rocket, Butternut Squash and Tomato Tart
ON THE SIDE	Steamed Rice	Vegetable Noodles	Roast Potatoes	Garlic Focaccia	Chunky Chips
VEGETABLES	Peas & Sweetcorn	Broccoli & Spiced Cauliflower	Roast Carrots & Savoy Cabbage	Green Beans & Sweetcorn	Peas & Baked Beans
PASTA JACKET BAR	Baked Jacket or Sweet Potatoes with Baked Beans & Cheese	Penne Pasta Arrabiatta	Baked Jacket or Sweet Potatoes with Baked Beans & Cheese	Penne Pasta with Tomato Basil	Baked Jacket or Sweet Potatoes with Baked Beans & Cheese
SALAD BAR	Tuna Nicoise	Edamame, Chickpea & Avocado Salad	Tomato and Roasted Lemon Salad	Pear and Stilton Salad	Spiced Chickpea with Fresh Vegetable Salad
DESSERT	Creamy Rice Pudding with Toppings	Selection of Cut & Whole Fruit Yoghurt Bar	Cherry & Chocolate Flapjack	Selection of Cut & Whole Fruit	Dukes Cookie Bar

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