

ONE	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Tomato &amp; Basil</b>	<b>Leek &amp; Potato</b>	<b>Chickpea &amp; Coriander</b>	<b>Spinach &amp; Nutmeg</b>	<b>Harvest Vegetable</b>
<b>Main course</b>	<b>Oriental Beef &amp; Vegetables</b>  <b>or</b> <b>Tofu Vegetable Stir Fry With Honey &amp; Lemon Sauce</b>	<b>Minted Lamb Filo Pie</b>	<b>“Make it mine Wednesday”</b>	<b>Roast Chicken Breast With Herb Gravy</b>	<b>“Sustainable Friday”</b>
<b>Main course 2</b>		<b>Vegetarian Mince Hot Pot</b>	<b>Your choice of topping on Jacket Potato</b>  <b>Sausage Stew</b>  <b>Beef Bolognaise</b>  <b>Baked Beans &amp; Cheese</b>	<b>Fillet Quorn</b>  <b>Braised in vegetable and herb sauce</b>	<b>Breaded Cod Fish Fingers with Lemon &amp; Tartar Sauce</b>  <b>Or</b> <b>Mexican Vegetable Tortilla Stack</b>
<b>On the Side</b>	<b>Steamed Rice Noodles</b>	<b>New Potatoes Broccoli Carrots</b>	<b>Crunchy Mixed Salad</b>	<b>Roast potatoes, cauliflower cheese &amp; Sauté Cabbage</b>	<b>Steamed peas</b>  <b>Baked Beans</b>  <b>Chips</b>
<b>Dessert</b>	<b>Apple Pie &amp; Custard</b>	<b>Key Lime Pie</b>	<b>White Chocolate &amp; Raspberry Cake</b>	<b>Fruit Jelly Pots</b>	<b>Cherry Flapjack</b>
<b>Everyday</b>	<b>Fresh cut fruit &amp; yoghurt</b>	<b>Fresh cut fruit &amp; yoghurt</b>	<b>Fresh cut fruit &amp; yoghurt</b>	<b>fresh cut fruit &amp; yoghurt</b>	<b>Fresh cut fruit &amp; yoghurt</b>

TWO	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Sweet Potato &amp; Rosemary</b>	<b>Minestrone</b>	<b>Courgette &amp; Potato</b>	<b>Lentil</b>	<b>Thai Vegetable Broth</b>
<b>Main course</b>	<b>Turkey Tikka Masala</b> or <b>Quorn &amp; Vegetable Curry</b>	<b>Cowboy Pie</b>	<b>“Make it Mine”</b> Your Choice of Topping On Pasta <b>Quills</b> <b>Carbonarra</b> <b>Roasted Cherry Tomato</b> <b>Pesto Chicken</b>	<b>Honey Glazed Gammon Served With Gravy</b>	<b>Hot Dog Bar</b> <b>Pork Sausage Hot Dog</b> Or <b>Vegetarian Hot Dog</b>
<b>Main course 2</b>		<b>Vegetable Stuffed Jacket Skins</b>		<b>Vegetable Chili Taco</b>	
<b>On the Side</b>	<b>Rice</b> <b>Naan Bread</b> <b>Yoghurt &amp; Mint</b>	<b>Herby Diced Potatoes</b> <b>Green Beans</b> <b>Garlic Courgettes</b>	<b>Garlic Bread</b> <b>Tomato, Mozzarella &amp; Basil Salad</b>	<b>Roasted Potatoes</b> <b>Baton Carrots</b> <b>Sauté Cabbage &amp; Leeks</b>	<b>Chips</b> <b>Baked Beans</b> <b>Peas</b>
<b>Dessert</b>	<b>Bread &amp; Butter</b> <b>Banana Pudding</b>	<b>Chocolate</b> <b>Orange Mousse</b>	<b>Pear &amp; Cinnamon</b> <b>Sponge</b>	<b>Lemon Posset</b>	<b>Rice Krispy Cake</b>
<b>Everyday</b>	<b>Fresh cut fruit &amp; yoghurt</b>	<b>Fresh cut fruit &amp; yoghurt</b>	<b>Fresh cut fruit &amp; yoghurt</b>	<b>Fresh cut fruit &amp; yoghurt</b>	<b>Fresh cut fruit &amp; yoghurt</b>

THREE	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	White Onion	Curried Parsnip	Tuscan Bean	Watercress & Horseradish	Carrot & Cumin <small>Insert logo</small>
Main course	Pork & Country Vegetable Casserole  Or Leek & Stilton Tart	Chicken Chasseur	<p>“Make it mine Wednesday”</p> <p>Choose your topping on a bed of fluffy rice</p> <p>Beef Stroganoff</p> <p>Sweet &amp; Sour Chicken</p> <p>Quorn Chili</p>	Roast Chicken Breast With Herb Gravy	<p>“Sustainable Friday”</p> <p>Battered white fish with tartare &amp; lemon</p> <p>Or</p> <p>Sweet Potato &amp; Halloumi Burger</p>
Main course 2		Goats Cheese & Spinach Lasagne		Roasted Vegetable Frittata	
On The Side	Boulangere Potatoes Green Beans Cauliflower & Broccoli	Potato Wedges  Sweetcorn & Peas	Roasted Vegetables	Roasted potatoes Steamed Carrots  Honeyed Parsnips	Chips, garden peas & Baked Beans
Dessert	Jam & Coconut Sponge	Vanilla bean Panacotta	Apple & Sultana Oatmeal Crumble	Lemon & Blueberry Whip	Rocket Fruit Lollies
Everyday	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt