

# WEEK ONE

w/c 31<sup>st</sup> Oct, 21<sup>st</sup> Nov, 12<sup>th</sup> Dec, 2<sup>th</sup> Jan, 23<sup>rd</sup> Jan, 13<sup>th</sup> Feb, 5<sup>th</sup> Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cottage Pie	Piri Piri Chicken Thigh with Spicy Rice	Roast Pork with Roast Potatoes and Gravy	Thai Jungle Chicken Curry with Wholegrain Rice*	Lemon and Lime Battered Fish with Chips
Alternative Dish	Penne Pasta Vegetable Bake*	Bean and Vegetable Chilli with Spicy Rice	Cauliflower and Creamed Corn Bake with Roast Potatoes	Sweet Potato & Bean Coconut Stew with Cornbread	Spicy Bean Burger with Chips
Bread	Garlic and Herb Bread	Oat Crusted Bloomer	Wholemeal Loaf	Cornbread	Poppy Bread
Vegetables	Carrots Broccoli	Apple Slaw Sweetcorn	Pickled Red Cabbage Swede	Crunchy Salad Mixed Greens	Chilli Crushed Peas House Slaw
Desserts	Plum and Cinnamon Twice Cooked Crumble with Custard (fruit based)	Peach Melba Slice	Apple and Blackberry Pie with Custard (fruit based)	Bread and Butter Pudding with Custard	Yoghurt with Warm Berry Compote

# WEEK TWO

w/c 7<sup>th</sup> Nov, 28<sup>th</sup> Nov, 19<sup>th</sup> Dec, 9<sup>th</sup> Jan, 30<sup>th</sup> Jan, 20<sup>th</sup> Feb, 19<sup>th</sup> Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Salmon in a Cream Herb Sauce With Wholegrain Rice*	Jerk Chicken with Rice and Peas	Roast Beef with Roast Potatoes and Gravy	Chipotle BBQ Pork with Mash	Crispy Battered Fish with Chips
Alternative Dish	Macaroni Double Cheese	Sweet & Sour Quorn with Beggars Noodles	Curried Lentil Cottage Pie	Piri Butternut Squash and Halloumi Cous Cous	Pulled Quorn Wrap with Chips
Bread	Floured Loaf	Crown Loaf	Sesame Seed Loaf	Cornbread	Classic Bloomer
Vegetables	Sweet Chilli Broccoli Crunchy Salad	Red Slaw Stir Fry Greens	Carrots Cauliflower	Sweetcorn Chilli Beans	Garden Peas House Slaw
Desserts	Warm Lemon and Almond Pudding with Custard	Chocolate Brownie & Vanilla Ice Cream	Apple and Cinnamon Brown Betty with Custard (fruit based)	Vanilla & Coconut Rice Pudding	Seasonal Fruit Salad (fruit based)

# WEEK THREE

w/c 14<sup>th</sup> Nov, 5<sup>th</sup> Dec, 26<sup>th</sup> Dec, 16<sup>th</sup> Jan, 6<sup>th</sup> Feb, 27<sup>th</sup> Feb

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Bangers and Mash	Thai Green Curry with Sticky Jasmine Rice	Roast Turkey with Roast Potatoes and Gravy	Traditional Beef Lasagne with Garlic and Herb Bread*	Cajun Battered Fish with Chips
Alternative Dish	Mexican Veg Fajita with Tex Mex Wedges	Butternut Squash and Chickpea Balti with Basmati Rice	Cheese and Leek Pie with Roast Potatoes	Sweet Potato and Black Bean Enchilada with Cous Cous	Mature Cheddar and Caramelised Onion Tart with Chips
Bread	Wholemeal Loaf	Naan Bread	Crown Loaf	Garlic and Herb Bread*	Poppy Bread
Vegetables	Cheesy Beans Sweetcorn	Coconut and Green Bean Stir Fry Raitta	Seasonal Cabbage Carrots	Red Slaw Healthy Salad	Garden Peas Roast Tomato with a Parsley Crust
Desserts	Apple Crumble with Custard (fruit based)	Mango Fool	Blackberry and Coconut Slice	Sticky Toffee and Banana Pudding with Custard (fruit based)	Chocolate Sponge with Chocolate Sauce