

Enjoy

MONDAY

MAIN MEAL	Sausage & Gravy
VEGGIE MEAL	Vegan Sausage & Gravy
SIDES	Mashed Potato, Carrots & Peas
DESSERT	Maryland Cookie

TUESDAY

MAIN MEAL	Beef Bolognese with Penne
VEGGIE MEAL	Arrabiata Sauce with Penne
SIDES	Garlic Bread & Broccoli
DESSERT	Apple Crumble with Custard

WEDNESDAY

MAIN MEAL	Lemon & Thyme Roast Chicken & Gravy
VEGGIE MEAL	Cheese & Onion Tart
SIDES	Roast Potatoes & Seasonal Greens
DESSERT	Cherry Cornflake Cake

THURSDAY

MAIN MEAL	Sweet & Sour Chicken with Boiled Rice
VEGGIE MEAL	Mushroom Chow Mein
SIDES	Cauliflower & Carrots
DESSERT	Chocolate & Pear Sponge

FRIDAY

MAIN MEAL	Battered Fish
VEGGIE MEAL	Vegan Burger
SIDES	Chips & Baked Beans
DESSERT	Banana Flapjack

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 1:

1ST JANUARY, 22ND JANUARY, 12TH FEBRUARY, 4TH MARCH, 25TH MARCH, 15TH APRIL, 6TH MAY

Enjoy

MONDAY

MAIN MEAL	Chilli Con Carne with Arroz Verde
VEGGIE MEAL	Chilli Sin Carne with Arroz Verde
SIDES	Taco, Sweetcorn & Coleslaw
DESSERT	Chocolate Rice Krispie Cake

TUESDAY

MAIN MEAL	Slow Cooked Bombay Chicken with Pilaf Rice
VEGGIE MEAL	Keralan Coconut Curry with Garlic & Coriander Naan
SIDES	Cauliflower & Carrots
DESSERT	Apple & Carrot Flapjack

WEDNESDAY

MAIN MEAL	Roast Gammon & Gravy
VEGGIE MEAL	Cauliflower Cheese
SIDES	Roast Potatoes & Seasonal Greens
DESSERT	Lemon Drizzle Sponge

THURSDAY

MAIN MEAL	Chicken Fajita with Tex Mex Potato Wedges
VEGGIE MEAL	Vegetable Fajita with Taco
SIDES	Broccoli
DESSERT	Oat Cookie

FRIDAY

MAIN MEAL	Battered Fish
VEGGIE MEAL	Vegetable Burrito
SIDES	Chips & Baked Beans
DESSERT	Chocolate & Beetroot Brownie

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 2:

8TH JANUARY, 29TH JANUARY, 19TH FEBRUARY, 11TH MARCH, 1ST APRIL, 22ND APRIL, 13TH MAY

Enjoy

MONDAY

MAIN MEAL	Aloo Beef Keema with Boiled Rice
VEGGIE MEAL	Jalfrezi Paneer with Chapati
SIDES	Broccoli & Carrots
DESSERT	Orange Shortbread Biscuit

TUESDAY

MAIN MEAL	Meatball Marinara with Spaghetti
VEGGIE MEAL	Sugo Al Pomodoro with Spaghetti
SIDES	Garlic Bread & Peas
DESSERT	Carrot Cake

WEDNESDAY

MAIN MEAL	Paprika Roast Chicken & Gravy
VEGGIE MEAL	Vegetable Hot Pot
SIDES	Roast Potatoes & Carrots
DESSERT	Chocolate Shortbread

THURSDAY

MAIN MEAL	Vietnamese Pork Banh Mi with Egg Noodles
VEGGIE MEAL	Sweet & Sour Vegetables with Egg Noodles
SIDES	Pan Fried Cabbage
DESSERT	Apple & Parsnip Cake

FRIDAY

MAIN MEAL	Battered Fish
VEGGIE MEAL	Vegan Goujons
SIDES	Chips & Baked Beans
DESSERT	Cherry Cookie

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 3:

15TH JANUARY, 5TH FEBRUARY, 26TH FEBRUARY, 18TH MARCH, 8TH APRIL, 29TH APRIL, 20TH MAY