

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mushroom, Pea and Bacon Tortellini	Chilli beef tachos And salsa	Breast of Turkey Pot-Roasted in Sweet Paprika Served with Cranberry Sauce and Gravy	Beef Bourguignon with Olive Croutons	Crisp Fiery Battered Fillet of Cod Homemade Tartare Sauce
Cheese, Potato and Leek Pie	Chickpea and Potato Samosa With a Minted Cucumber and Yoghurt Dressing	Pasta and Seasonal Vegetable Bake	Quornish pasty slice	Vegetarian mixed grill
	Spicy Cous Cous	Crispy Roast Potatoes	New Potatoes	Chunky Chips
Oat Crusted Bloomer	Sesame Seed Loaf	Floured Plait	Fresh bread	Bread
Broccoli Florets Sweet corn Or a Mixed Side Salad	Cauliflower Garden Peas Or a Mixed Side Salad	Puree of Swede Savoy Cabbage Or a Mixed Side Salad	Honey Roasted Parsnips Sauté of Leeks Or a Mixed Side Salad	Mushy Peas Baked beans Or a Mixed Side Salad
Wild Berry Fruit Fool With Shortbread Or a piece of Fresh Fruit	Ginger Cake with Custard Or a piece of Fresh Fruit	Apple and Blackberry Twice Baked Crumble With Custard Or a piece of Fresh Fruit	Marble Cake With Custard Or a piece of Fresh Fruit	Blueberry pancakes Or a piece of Fresh Fruit

EAT

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Italian Inspired Shepherds Pie	Ultimate Chicken Burger	Twice Cooked Belly of Pork with Spiced Apple and Roasted Gravy	Chicken and Bean Enchilada	Cajun Battered Fillet of Cod With Sweet Chilli Sauce
Baked Aubergine and Chick Pea Dhansak	Macaroni 'Double' Cheese with Leeks	Roulade of Roasted Vegetables and Mozzarella	Thai Vegetable and Quorn Curry with Basil	Goats Cheese, Lemon and Herb Risotto
New Potatoes	Spicy Jacket Potato Wedges	Creamed Potato with Grain Mustard	Rice	Chunky Chips
Chapatti Bread	Garlic and Herb Bread	Seeded Loaf	Wholemeal Loaf	Classic Bloomer
Carrots Rondelles Cauliflower Florets Or a Mixed Side Salad	Minted Peas Coleslaw Or a Mixed Side Salad	Fresh Cabbage Honey Roasted Parsnips Or a Mixed Side Salad	Broccoli Florets Carrots Batons Or a Mixed Side Salad	Sauté of Leeks Peas / Mushy Peas Or a Mixed Side Salad
Dundee Cake With Bay Custard Or a piece of Fresh Fruit	Classic Lemon Tart with Warm Berry Compote Or a piece of Fresh Fruit	Rich Chocolate Sponge with Vanilla Custard Or a piece of Fresh Fruit	Apple and Blackberry Pie Served with Vanilla Custard Or a piece of Fresh Fruit	Poached Pears in Spiced Tea Or a piece of Fresh Fruit

EAT

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Beef Lasagne	Salmon Fishcakes with Tomato Relish	Roast Topside of Beef Served with Roasted Gravy	Thai Green Chicken Curry	Crispy Battered Cod Fillet Home Made Tartare Sauce
Quorn and Vegetable Lasagne	Roasted Vegetable Calzone	Baked Butternut Squash with Goats Cheese	Goan Vegetable Curry with Coconut and Lime	Roast Polenta Cake with Aromatic Ratatouille and Mozzarella
	New Potatoes	Crispy Roast Potatoes	Coconut Infused Rice	Chunky Chips
Garlic and Herb Bread	Poppy Seed Bloomer	Crown Loaf	Sesame Seed Twist	Floured Loaf
Minted Peas Carrot Batons Or a Mixed Side Salad	Broccoli Florets Coleslaw Or a Mixed Side Salad	Savoy Cabbage Diced Swede Or a Mixed Side Salad	Carrots Rondelles Cauliflower Or a Mixed Side Salad	Peas / Mushy Peas Sauté of Leeks Or a Mixed Side Salad
Toffee Apple and Twice Baked Crumble With Vanilla Custard Or a piece of Fresh Fruit	Scottish Cranachan with Wild Berries Or a piece of Fresh Fruit	Sweet Apple and Sultana Samosa With Bay Custard Or a piece of Fresh Fruit	Seasonal Fruit Salad with Mint Or a piece of Fresh Fruit	Jam Roly Poly With Warm Berry Compote and Vanilla Custard Or a piece of Fresh Fruit

EAT