

MONDAY

MAIN MEAL

Herby Spaghetti with Marinara Meatballs
in a Sweet Tomato & Basil Sauce

VEGGIE MEAL

Five Bean Chilli with Lime Infused Brown Rice ✓

SIDES

Carrots & Garden Peas ✓

DESSERT

Caramelised Apple & Raisin Crumble with Custard ✓

TUESDAY

MAIN MEAL

Mild Chicken Masala with Yellow Rice

VEGGIE MEAL

Country Vegetable Cottage Pie
topped with Herby Sweet Potato ✓

SIDES

Broccoli & Sweetcorn ✓

DESSERT

Sticky Ginger Cake with Custard ✓

WEDNESDAY

MAIN MEAL

Teriyaki Noodles with Chicken, Stir Fried Vegetables & Mixed Beans

VEGGIE MEAL

Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans ✓

SIDES

Roasted Seasonal Root Vegetables & Seasonal Cabbage ✓

DESSERT

Vanilla Shortbread Biscuit ✓

THURSDAY

MAIN MEAL

British Beef Burger in a Bun
with Homemade BBQ Relish & New Potatoes

VEGGIE MEAL

Red Lentil & Cheese Loaf
with a Rich Tomato Sauce & New Potatoes ✓

SIDES

Classic Coleslaw & Sliced Tomato Salad ✓

DESSERT

Traditional Lemon Sponge with Custard ✓

FRIDAY

MAIN MEAL

Battered Fish & Chips with Tartar Sauce

VEGGIE MEAL

Free Range Egg, Cheese & Vegetable Frittata ✓

SIDES

Baked Beans & Garden Peas ✓

DESSERT

Raspberry Ripple Ice Cream ✓

22ND APR, 13TH MAY, 3RD JUN, 24TH JUN, 15TH JUL, 2ND SEP, 23RD SEP, 14TH OCT

WEEK 1 - NP LISTER

MONDAY

MAIN MEAL	Chargrilled Chicken Enchiladas with Hand Cut Potato Wedges
VEGGIE MEAL	Ultimate Mac & Cheese ✓
SIDES	Chopped House Salad & Sweetcorn ✓
DESSERT	Pear & Apple Oaty Crumble with Custard ✓

TUESDAY

MAIN MEAL	Chicken, Sweet Potato & Chickpea Korma with Citrus Infused Rice
VEGGIE MEAL	Sweet Potato & Chickpea Korma with Citrus Infused Rice ✓
SIDES	Seasonal Shredded Cabbage & Carrots ✓
DESSERT	Chocolate Beetroot Brownie ✓

WEDNESDAY

MAIN MEAL	Honey Glazed Garlic & Lemon Infused Roast Chicken, Traditional Gravy with Roasted Potatoes
VEGGIE MEAL	Roasted Aubergine & Sweet Cherry Tomato Moussaka ✓
SIDES	Roasted Seasonal Root Vegetables & Garden Peas ✓
DESSERT	Raspberry Ripple Ice Cream ✓

THURSDAY

MAIN MEAL	Chicken Sausage with Bubble & Squeak Mash in a Yorkshire Pudding & Onion Gravy
VEGGIE MEAL	Green Lentil & Spinach Dhal with Coconut & Lemongrass Rice ✓
SIDES	Carrots & Broccoli ✓
DESSERT	Traditional Sultana Sponge with Custard ✓

FRIDAY

MAIN MEAL	Battered Fish & Chips with Tartar Sauce
VEGGIE MEAL	Mexican Bean Burger with Lime Yoghurt & Salsa Roja ✓
SIDES	Baked Beans & Garden Peas ✓
DESSERT	Maryland Cookie ✓

29TH APR, 20TH MAY, 10TH JUN, 1ST JUL, 22ND JUL, 9TH SEP, 30TH SEP, 21ST OCT
WEEK 2 - NP LISTER

MONDAY

MAIN MEAL	Oriental Chicken Stir Fry with Egg Noodles
VEGGIE MEAL	Vegetarian Sausages with Mashed Potato in a Yorkshire Pudding with Gravy ✓
SIDES	Carrots & Sweetcorn ✓
DESSERT	Summer Berry & Apple Crumble with Custard ✓

TUESDAY

MAIN MEAL	Slow Cooked Shredded Chicken Taco with Coriander Brown Rice & Apple Coleslaw
VEGGIE MEAL	Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes ✓
SIDES	Peas & Cauliflower Florets ✓
DESSERT	Orange & Courgette Sponge with Custard ✓

WEDNESDAY

MAIN MEAL	Farm Assured Roast Beef, Yorkshire Pudding & Traditional Gravy with Rosemary Roast Potatoes
VEGGIE MEAL	Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw ✓
SIDES	Roasted Seasonal Root Vegetables & Broccoli ✓
DESSERT	Fruit Flapjack ✓

THURSDAY

MAIN MEAL	Creamy Chicken & Tarragon with Mashed Potato & Gravy
VEGGIE MEAL	Spinach, Mushroom & Mozzarella Lasagne with a Garlic Bread Shard ✓
SIDES	Carrots & Green Beans ✓
DESSERT	Traditional Chocolate Sponge & Chocolate Sauce ✓

FRIDAY

MAIN MEAL	Battered Fish & Chips with Tartar Sauce
VEGGIE MEAL	Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto ✓
SIDES	Baked Beans & Garden Peas ✓
DESSERT	Raspberry Ripple Ice Cream ✓

6TH MAY, 27TH MAY, 17TH JUN, 8TH JUL, 26TH AUG, 16TH SEP, 7TH OCT
WEEK 3 - NP LISTER