



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP &amp; BREAD</b>	Selection of home-baked breads, toppings & accompaniments						
	Red lentil	Tomato & basil soup	Chunky winter vegetable	Carrot & coriander	Courgette	Pea & mint	
<b>MAIN MEAL</b>	Shepherd's pie	Pork stir fry	Lamb & sweet potato Balti	Herb roast chicken	Battered fish with lemon & tartare sauce	Honey roast Gammon	
<b>VEGETARIAN</b>	Quorn & vegetable cottage pie	Vegetable pakora with brown rice	Chickpea & vegetable Korma	Mixed bean tofu and vegetable hot pot	Mac and cheese	Pearl barley winter risotto	Fruit smoothies
<b>MAIN MEAL</b>	Chicken with black bean and pak choi	Beef & vegetable pie	BBQ pork chop with roasted new potatoes	Bolognese pasta bake with a cheesy crumb topping	Beef burger in a bun	Tomato & vegetable pasta bake	Grilled bacon Oven baked sausages Grilled tomatoes Baked beans Mushrooms Hash browns Fried eggs
<b>THE FAVOURITES</b>	Ham & mushroom pasta bake	Vegetable risotto	Tomato & red onion pasta				
<b>ON THE SIDE</b>	Rice Sweetcorn Broccoli Jacket potatoes	Egg noodles Green beans Roasted roots Jacket potatoes	Rice Cumin carrots Garden peas Poppadums Jacket potatoes	Roast potatoes Courgettes Broccoli cheese Jacket potatoes	Chips Peas Baked beans Jacket potatoes	Boiled potatoes Carrots Green beans	Porridge bar Cereal bar Toast & spreads Yoghurt & fruit salad Cut & whole fruit
<b>HOT DESSERT</b>	Pear & coconut cake with cream fresh	Apple flapjack	Treacle sponge & custard	Plum crumble	Double chocolate muffin	Chefs homemade cakes	
<b>COLD DESSERT</b>	Strawberry mousse	Tiramisu	Blueberry fool	Orange jelly	Raspberry cheesecake		
<b>FRUIT &amp; YOGHURT BAR</b>	Fruit salad pots & a selection of seasonal fresh fruit Daily selection of homemade yoghurt, fruit jelly & cold dessert pots						