***Week 1***

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| --- | --- | --- | --- | --- |
| Day | Hot Courses | Vegetables | Bread/Salad | Desert/Fruit |
| Monday | Beef Chilli con carneLamb chilli con carneRiceSoya chilli | SteamedMixed vegetables&Broccoli | Selection of salads | HomemadeBiscuitsYoghurtFruit |
| Tuesday | BBQ Chicken wings Sweet potato wedgesCajun spicy potato wedges (V)Cajun Sweet potato roulade(V) | Corn on the cobSelection of roasted vegetables | Selection of salads | Apple crumble & Vanilla custardYoghurtFruit |
| Wednesday |  Lamb and vegetable curryPilau rice Red lentil, butternut squash curry (V, Gf DF) | Cauliflower,& Green beans | Selection of salads | Coconut & PineappleFlap Jack YoghurtFruit |
| Thursday | Chicken Chasseur served with boiled new potatoes Ricotta & Spinach Tortelloni | Mushrooms, leek & roasted red onions | Selection of salads | Chocolate MousseStrawberry MousseYoghurtFruit |
| Friday | Fish fingers & chipsJacket potatoes | Peas &Carrots | Selection of salads | Selection of deserts |

***Week 2***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | Hot Courses | Vegetables | Bread/Salad | Desert/Fruit |
| Monday | Chicken in tomato & paprika sauce New potatoes Potato Frittata (V) |  Sweet corn & green beansPeppers, black olives &Red onions | Selection of saladsWhite/Wholemeal bread | Warm pears & chocolate sauce/crème fraicheYoghurt |
|   Tuesday | Beef Stew served with rice Spicy beans pastiesServed with side dishes |  Mix vegetablesCourgettes ,red onion , cherry tomatoes & leek | Selection of saladsWhite/Wholemeal bread | Spotted dick & custardFruitYoghurt |
| Wednesday | Spaghetti bolognaiseSoya Mince bolognaise (V)CheesePutanesca sauce (F) |  Broccoli&CourgettesGarlic bread | Selection of saladsWhite/Wholemeal bread | Rice pudding strawberry jamFruitYoghurt |
| Thursday | Jacket potatoes | RatatouilleSpice beans Baked beans | Selection of saladsWhite/Wholemeal bread | Peaches & yoghurtFruit/yoghurt |
|  Friday | Fish cakes&ChipsSpinach & Mushroom omelette |  PeascarrotsBaked beans |   Selection of salads  White/Wholemeal bread | HomemadeChocolate biscuitsFruitYoghurt |

***Week 3***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | Hot Courses | Vegetables | Bread/Salad | Desert/Fruit |
| Monday | Thai chicken curry (GF)RiceThai Quorn curry (v)Rice | Baked beansCarrots | Selection of salads | Melon & PineappleYoghurtFruit |
| Tuesday | Lancashire Lamb hot pot. Pepper stuffed with cous cous and vegetables (V) | Cauliflower cheese Steamed vegetables | Selection of salads | Pear and chocolate cake&chocolate sauceYoghurtFruit |
| Wednesday | Cheese & tomato PizzaRoast vegetables Pizza | Selection of side vegetables | Selection of salads | Strawberry, raspberry & orangeJellyYoghurtFruit |
| Thursday |  Roast ChickenRoast potatoesGravy)Mix Vegetables in puff pastry case (V). | Green beansSweet corn | Selection of salads | Jam TartYoghurtFruit |
| Friday | Battered Fish (Cod)Cheese & onion quicheChips | PeasBaked beans | Selection of salads | Selection of deserts  |

 ***Week 4***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | Hot Courses | Vegetables | Bread/Salad | Desert/Fruit |
| Monday | Chicken sausage served with maccheroni cheese/ optional hot dog /mash potatoesVegetarian sausage (V)Onion gravy | Mix roast tray | Selection of salads | Fresh fruit saladYoghurtFresh Fruit |
| Tuesday | Beef goulash served with riceGreen lentils & vegetables stew (V) | Green Beans & broccoli  | Selection of salads | Carrot cake& custardFresh FruitFruit yoghurt |
| Wednesday | Chicken leek & mushroom PieCheese & Onion pasty.Lyonnaise potatoesGravy | Vegetable of the day | Selection of salads | Fresh fruitYoghurtStrawberry, Raspberry & orange Jelly |
| Thursday | PenneMeat balls in tomato and basil sauceSoya balls served with penne (V) | Garlic breadGreen beans |  Selection of salads | Selection of MelonsFresh FruitYoghurt |
| Friday | Fish & ChipsPotato , spinach & fetaGratin (V) | CarrotsMushy peasBaked beans  | Selection of salads | Selection of desertsFresh FruitYoghurt |

***Week 5***

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| --- | --- | --- | --- | --- |
| Day | Hot course | Vegetables | Bread/Salad | Desert |
| Monday | Chicken curry(GF, DF)Basmati rice (GF)Chick peas and vegetable curry (V, GF DF | Naan breadCurried cauliflowerSweet corn | Selection of saladsWhite and wholemeal bread | Fresh fruitYoghurt  |
|  Tuesday | Shepherd’s pie Mix vegetablesSoya mince pie, topped with sweet potato & carrot mash | Carrots & Green beans | Selection of saladsWhite and wholemeal bread | Fresh FruitYoghurt |
|  Wednesday | Turkey SchnitzelArancini ( Risotto balls stuffed with mozzarella cheese)Served with tomato sauce |  New potatoesMix vegetables | Selection of saladsWhite and wholemeal bread | Fresh FruitYoghurt |
| Thursday | Beef lasagneVegetable lasagne | Broccoli . peppers and red Onions | Selection of saladsWhite and wholemeal bread | Fresh FruitYoghurt |
| Friday | Fish & ChipsFour cheese tortelloni in a rich tomato sauce (V) |   Peas & carrots Baked beans | Selection of saladsWhite and wholemeal bread | Cassava & coconut cake |