***Week 1***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | Hot Courses | Vegetables | Bread/Salad | Desert/Fruit |
| Monday | Beef Chilli con carne  Lamb chilli con carne  Rice  Soya chilli | Steamed  Mixed vegetables  &  Broccoli | Selection of salads | Homemade  Biscuits  Yoghurt  Fruit |
| Tuesday | BBQ Chicken wings  Sweet potato wedges  Cajun spicy potato wedges  (V)  Cajun Sweet potato roulade(V) | Corn on the cob  Selection of roasted vegetables | Selection of salads | Apple crumble & Vanilla custard  Yoghurt  Fruit |
| Wednesday | Lamb and vegetable curry  Pilau rice  Red lentil, butternut squash curry (V, Gf DF) | Cauliflower,  &  Green beans | Selection of salads | Coconut & Pineapple  Flap Jack  Yoghurt  Fruit |
| Thursday | Chicken Chasseur served with boiled new potatoes  Ricotta & Spinach Tortelloni | Mushrooms, leek & roasted red onions | Selection of salads | Chocolate Mousse  Strawberry Mousse  Yoghurt  Fruit |
| Friday | Fish fingers & chips  Jacket 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 beans  Peppers, black olives &  Red onions | Selection of salads  White/Wholemeal bread | Warm pears & chocolate sauce/crème fraiche  Yoghurt |
| Tuesday | Beef Stew served with rice Spicy beans pasties  Served with side dishes | Mix vegetables  Courgettes ,red onion , cherry tomatoes & leek | Selection of salads  White/Wholemeal bread | Spotted dick & custard  Fruit  Yoghurt |
| Wednesday | Spaghetti bolognaise  Soya Mince bolognaise (V)  Cheese  Putanesca sauce (F) | Broccoli  &  Courgettes  Garlic bread | Selection of salads  White/Wholemeal bread | Rice pudding strawberry jam  Fruit  Yoghurt |
| Thursday | Jacket potatoes | Ratatouille  Spice beans  Baked beans | Selection of salads  White/Wholemeal bread | Peaches & yoghurt  Fruit/yoghurt |
| Friday | Fish cakes  &  Chips  Spinach & Mushroom omelette | Peas  carrots  Baked beans | Selection of salads  White/Wholemeal bread | Homemade  Chocolate biscuits  Fruit  Yoghurt |

***Week 3***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | Hot Courses | Vegetables | Bread/Salad | Desert/Fruit |
| Monday | Thai chicken curry (GF)  Rice  Thai Quorn curry (v)  Rice | Baked beans  Carrots | Selection of salads | Melon & Pineapple  Yoghurt  Fruit |
| 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 sauce  Yoghurt  Fruit |
| Wednesday | Cheese & tomato Pizza  Roast vegetables Pizza | Selection of side vegetables | Selection of salads | Strawberry, raspberry & orange  Jelly  Yoghurt  Fruit |
| Thursday | Roast Chicken  Roast potatoes  Gravy)  Mix Vegetables in puff pastry case (V). | Green beans  Sweet corn | Selection of salads | Jam Tart  Yoghurt  Fruit |
| Friday | Battered Fish (Cod)  Cheese & onion quiche  Chips | Peas  Baked 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 potatoes  Vegetarian sausage (V)  Onion gravy | Mix roast tray | Selection of salads | Fresh fruit salad  Yoghurt  Fresh Fruit |
| Tuesday | Beef goulash served with rice  Green lentils & vegetables stew (V) | Green Beans & broccoli | Selection of salads | Carrot cake  & custard  Fresh Fruit  Fruit yoghurt |
| Wednesday | Chicken leek & mushroom Pie  Cheese & Onion pasty.  Lyonnaise potatoes  Gravy | Vegetable of the day | Selection of salads | Fresh fruit  Yoghurt  Strawberry, Raspberry & orange Jelly |
| Thursday | Penne  Meat balls in tomato and basil sauce  Soya balls served with penne (V) | Garlic bread  Green beans | Selection of salads | Selection of Melons  Fresh Fruit  Yoghurt |
| Friday | Fish & Chips  Potato , spinach & feta  Gratin (V) | Carrots  Mushy peas  Baked beans | Selection of salads | Selection of deserts  Fresh Fruit  Yoghurt |

***Week 5***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | Hot course | Vegetables | Bread/Salad | Desert |
| Monday | Chicken curry(GF, DF)  Basmati rice (GF)  Chick peas and vegetable curry (V, GF DF | Naan bread  Curried cauliflower  Sweet corn | Selection of salads  White and wholemeal bread | Fresh fruit  Yoghurt |
| Tuesday | Shepherd’s pie  Mix vegetables  Soya mince pie, topped with sweet potato & carrot mash | Carrots  &  Green beans | Selection of salads  White and wholemeal bread | Fresh Fruit  Yoghurt |
| Wednesday | Turkey Schnitzel  Arancini ( Risotto balls stuffed with mozzarella cheese)  Served with tomato sauce | New potatoes  Mix vegetables | Selection of salads  White and wholemeal bread | Fresh Fruit  Yoghurt |
| Thursday | Beef lasagne  Vegetable lasagne | Broccoli . peppers and red Onions | Selection of salads  White and wholemeal bread | Fresh Fruit  Yoghurt |
| Friday | Fish & Chips  Four cheese tortelloni in a rich tomato sauce (V) | Peas & carrots  Baked beans | Selection of salads  White and wholemeal bread | Cassava & coconut cake |