

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Butcher's pork meatballs in a red onion gravy	Mild beef and pepper chilli	Steamed chicken with garden vegetables and penne pasta	Jacket potatoes Bolognese	Battered cod with lemon and tartar sauce
Vegetarian	Quorn balls in a red onion gravy	Chickpea, spinach and lentil chilli	Roasted aubergine, butternut squash and peppers with penne pasta	Grated cheddar Baked beans Tuna Mayo	Butterbean and sweet potato gratin
Potatoes and Vegetables	Golden couscous Sweetcorn	Wild rice and Basmati Green beans	Garlic and herb bread Parmesan cheese Garden salad with cherry tomatoes	Garden salad with grated carrot and toasted pumpkin seeds	Chipped potatoes Garden peas Tomato ketchup
Salad Bar	Assorted seasonal salads				
Dessert	Pears with a warm chocolate sauce	Homemade yoghurt with warm shortbread	Butterscotch mousse	Warm orange drizzle cake with custard	Flapjack with raspberries and white chocolate
	Seasonal fresh fruit				