

Menu - Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli Con Carne	Battered Pollack Fillets with Lemon	Jerk Chicken	Roast Lamb with Gravy	Tuna Wrap
Cajun Salmon Pitta Pockets	Turkey and Vegetable Pie	Bean Quesadillas	Sweet Potato Stir	Stir Fried Chicken and Veg
Vegetable And Bean Casserole	Wholemeal Cheese Flan	Caribbean Fish Curry	Spanish Omelette	Spiced Vegetable Rice
Braised Rice	Herb New Potatoes	Rice And Peas	Roast Potatoes	Parsley Potatoes
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Fresh Milk Shake / Smoothie	Iced Chocolate Cake & Custard	Vanilla Ice Cream with Strawberry Jelly	Lemon & Orange Sponge with Custard	Oaty Peach Crumble
Yogurt with Honey	Yogurt with Melon	Yogurt with Honey	Yogurt with Blackcurrants	Yogurt with Honey
Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter

Menu - Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Breaded Pollack Fillets with Ketchup	Lamb & Yam	Tuna Melt	Roast Turkey With Gravy	Fish Stew with peppers
Chicken Sausages	Fishermans Pie	Chicken Lasagne	Lentil Cottage Pie	Honey Glazed Chicken
Leek And Lentil Hotpot	Vegetable Curry	Pasta Italienne	Vegetable and Cream Cheese Wrap	Jacket Potato with Cheese & Beans
Mash Potato	Coriander Rice	Home Made Bread	Roast Potatoes	Tarragon Rice
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Hot Apple Pie & Custard	Orange Jelly with Pineapple	Peach Cheesecake	Vanilla Ice Cream & Wafer	Carrot Cake with Custard
Yogurt with Honey	Yogurt with Strawberrys	Yogurt with Honey	Yogurt with Forest Fruits	Yogurt with Honey
Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter

Menu - Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Lamb Bolognaise	Cheese & Tomato Pizza	Jamaican Lamb Pie	Roast Chicken/Roast Beef	Chicken Burgers
Turkey Pitta	Chicken & Veg Pie	Creamy Fish Curry & Rice	Salmon & Veg Pasta	Vegetable Hotpot
Vegetarian Bolognaise	Jacket Potato with Tuna Sweetcorn	Vegetable Patties	Three Bean Chilli	Macaroni Cheese
Pasta Spirals	Mash Potatoes	Parsley Potatoes	Braised Rice or Roast Potatoes	Bread Rolls
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Rice Pudding with Plums	Apricot Tart	Chocolate Cake with Chocolate sauce	Tropical Oat Bars	Marbled Sponge with Custard
Yogurt with Melon	Yogurt with Honey	Yogurt with Strawberries	Yogurt with Honey	Yogurt with Blackcurrants
Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter