



## WINTER MENU (Week one)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
Plant-based spaghetti and meatballs in a five-veg tomato sauce, served with herby garlic bread and steamed vegetables 	Fish fingers with chips, bread and butter, and garden peas	Chicken korma with pilau rice, garlic and coriander naan, raita, and steamed vegetables	Leek and chive sausages with creamy mash, rich gravy, Yorkshire pudding, and green beans	Herby chicken fillet with homemade flatbread, yoghurt, and fresh salad
<i>or</i>	<i>or</i>	<i>or</i>	<i>or</i>	<i>or</i>
Plant-based lasagne with five-veg tomato sauce, herby garlic bread, and steamed vegetables 	Fishless goujons with chips, bread and butter, and garden peas 	Roast vegetable and chickpea korma with pilau rice, garlic and coriander naan, and raita 	Plant-based sausages with creamy mash, rich gravy, Yorkshire pudding, and green beans 	Chargrilled sweet potato and chickpea tagine with flatbread, yoghurt, and fresh salad 
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
Fresh fruit salad  	Apple and summer berry crumble with coconut custard 	Strawberry mousse with berry compote  	Greek yoghurt with honey and banana  	Rice pudding with apricot compote  



## WINTER MENU (Week two)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
Chicken goujons, saute potatoes, carrots and peas with bread and butter	Thai yellow chicken curry with fragrant rice and stir fry veg	Jacket potatoes with tuna, cheese, beans and slaw	Creamy chicken and spinach pesto pasta with cheesy garlic bread and lemon greens	Chicken and roasted vegetable casserole, topped with potatoes, served with seasonal vegetables
or	or	or	or	or
"Chicken" goujons, saute potatoes, carrots and peas with bread and butter 	Thai yellow butternut and pepper curry with fragrant rice and stir fry veg 	Jacket potatoes with cheese, beans and slaw 	Creamy cherry tomato and spinach pesto pasta, cheesy garlic bread and lemon greens 	Chickpea, courgette and red onion in a roasted tomato and pepper sauce with herbed cous cous and salad 
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
Fresh fruit salad  	Lemon curd cheesecake 	Rice pudding with apricot compote  	Fresh fruit trifle 	Greek yoghurt, honey and banana  



## WINTER MENU (Week three)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
Sweet and sour chicken with egg fried rice or beansprout noodles	Roast chicken dinner with roast potatoes, steamed summer veg, yorkshire pudding and gravy	Beef bolognese bake with 5 veg tomato sauce and salad	Chicken fajita with roasted pepper and onion, cheese, house salsa, guacamole and sour cream	Home fried fish and chips with peas, bread and butter
Or	Or	Or	Or	Or
"Chicken" with egg fried rice or beansprout noodles 	Roast butternut dinner with roast potatoes, steamed summer veg, yorkshire pudding and gravy 	Courgette and red pepper bolognese bake with 5 veg tomato sauce and salad 	Cajun sweet potato fajita with roasted pepper and onion, cheese, house salsa, guacamole and sour cream 	"Fish" goujons and chips with peas, bread and butter 
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
Assorted yoghurt pots  	Strawberry jelly and ice cream 	Chocolate orange pots with creme fraiche  	Fresh fruit salad 	Assorted ice cream pots and homemade shortbread  