



Menu

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|--|---|--|
| Home Comforts | | | | | |
| Main Meal | Chilli Con Carne or Spanish Omelette (V) | Grilled Sausages with Red Onion Gravy or Falafel with Raita (V) | Chicken Korma or Seasonal Pepper Tart (V) | Roast Beef with Yorkshire Pudding or Vegetarian Fajitas (V) | Battered Fish and Tartare Sauce or Macaroni Cheese (V) |
| Carb | Rice | Baked Wedges | Baked Rice | Roast Potatoes | Chips |
| Vegetable | Tomatoes and Carrots | Broccoli and Sweet corn | Cabbage and Peas | Pepper Carrots and Leeks | Baked Beans or Peas |
| Super Tuber | Jacket Potato | Jacket Potato | Jacket Potato | Jacket Potato | Jacket Potato |
| Fillings | Tuna, Baked Beans and Cheese | | | | |
| Pasta Bar | Pasta Penne | Pasta Penne | Pasta Penne | Pasta Penne | Pasta Penne |
| Sauces | Tuscan Bean | | | | |
| Chicken Joes | Chicken Joes | Chicken Joes | Chicken Joes | Chicken Joes | Chicken Joes |
| Filling | Tandoori Marinated | Tikka Marinated | Black Bean | Red Thai | Tandoori |
| Dessert | Apple Crunch and Custard | Fresh Fruit Salad and Cream | Chocolate & Orange sponge with chocolate sauce | Peach Tart and Custard | Rhubarb and Banana Crumble with Custard |



Mmm, this looks good, but so do trees. Good job we only use recycled paper from sustainable sources then