

Week One Menu

MONDAY

Breakfast

N/A

Lunch

Chicken Korma or Vegetable Korma with Rice

Pasta with tomato and herb sauce and grated cheese

Chocolate chip cookies

Supper

Cod, chips and peas

TUESDAY

Breakfast

Bacon, egg, grilled tomatoes

Lunch

Cornish or Vegan pasty with new potatoes, carrots, broccoli and gravy

Selection of vegetable quiches

Victoria sponge cake

Supper

Pasta bake, garlic bread and sweetcorn

WEDNESDAY

Breakfast

Croissants or boiled eggs

Lunch

Beef or vegan meatballs in tomato sauce, spaghetti, garlic bread and sweetcorn

Mexican stuffed peppers

Strawberry or vanilla ice cream

Supper

Baked potatoes, cheese, tuna, baked beans, salad

THURSDAY

Breakfast

Potato waffles, baked beans, mushrooms

Lunch

Shepherd's or vegan pie, carrots, peas and gravy

Pearl barley and roasted vegetable warm salad

Carrot cake

Supper

Macaroni cheese, garlic bread, peas

FRIDAY

Breakfast

Belgian waffles

Lunch

Chicken goujons or vegetable fingers, chips, baked beans or peas

Omelette

Chocolate muffin

Week Two Menu

MONDAY

Breakfast

N/A

Lunch

Chicken or vegetable supreme and rice

Baked potato, cheese or baked beans

Iced vanilla sponge cake

Supper

Tortellini pasta, tomato or cheese sauce, garlic bread and sweetcorn

TUESDAY

Breakfast

Scrambled egg, hash browns, baked beans

Lunch

Steak or vegan pie, new potatoes, carrots, green beans

Pasta with tomato sauce and grated cheese

Ginger cake

Supper

Hot sausage or vegan roll, potato wedges and baked beans

WEDNESDAY

Breakfast

Belgian waffles, maple syrup

Lunch

Lasagne – (meat or vegan), garlic bread and peas

5 bean chilli with rice

Jelly pots

Supper

Pork or Quorn stir fry and noodles

THURSDAY

Breakfast

Chipolatas, hash browns, baked beans

Lunch

Roast chicken breast or vegan sausages, roast potatoes, broccoli, carrots and gravy

Selection of roasted vegetable tarts

Marble cake

Supper

Chilli con carne (or vegan chilli) with rice and tortilla chips, grated cheese and salad

FRIDAY

Breakfast

Croissants or boiled eggs

Lunch

Fish or veggie fingers, chips, baked beans or sweetcorn

Omelette

Rocky Road

Week Three Menu

MONDAY

Breakfast

N/A

Lunch

Sweet and sour chicken with rice (or vegan option)

Pasta with tomato sauce

Butterscotch sponge cake

Supper

Baked potatoes, cheese, tuna, baked beans

TUESDAY

Breakfast

Croissants or boiled eggs

Lunch

Cheese and tomato pizza (homemade), potato wedges, sweetcorn and baked beans

Spiced cauliflower and lentil warm salad

Homemade chocolate chip shortbread

Supper

Tuna or veggie bake with peas

WEDNESDAY

Breakfast

Potato waffle, baked beans, mushrooms

Lunch

Spaghetti Bolognese, garlic bread, peas or salad (or vegan option)

Selection of roasted vegetable tarts

Ice cream

Supper

Chicken or Vegan goujons, chips, peas, baked beans

THURSDAY

Breakfast

Scrambled eggs, hash browns, bacon

Lunch

Chicken and Vegetable pie, new potatoes, carrots and peas (or vegan pie)

Quiches

Homemade flapjacks

Supper

Chicken or vegan tikka masala with rice

FRIDAY

Breakfast

Belgian waffles, maple syrup

Butcher's beef burgers, chips, beans/sweetcorn (or veggie burger)

Omelette

Homemade cookies

Week Four Menu

MONDAY

Breakfast

N/A

Lunch

Chilli con carne or veggie chilli, rice and peas

Baked potato, baked beans and cheese

Rice Krispie cake

Supper

Hot sausage or vegan roll, chips and baked beans

TUESDAY

Breakfast

Scrambled eggs and grilled tomatoes

Lunch

BBQ Chicken or veggie sausages, potato wedges and sweetcorn

Veggie tarts

Jam and coconut sponge cake

Supper

Chicken or veggie tikka masala and rice

WEDNESDAY

Breakfast

Bacon, hash browns, baked beans

Lunch

Penne pasta in creamy cheese sauce, garlic bread and peas

Chickpea and lentil warm salad

Jelly pots

Supper

Minute steak, fries, peas, grilled tomatoes

THURSDAY

Breakfast

American pancakes and maple syrup

Lunch

Butcher's pork or veggie sausages, mash, carrots, peas

Mexican stuffed peppers

Marble cake

Supper

Chicken and red pepper fajitas, tortilla chips, salad

FRIDAY

Breakfast

Belgian waffles

Lunch

Battered cod or veggie fingers, chips, baked beans, peas

Omelette

DH Brownie