

MAKE

GOOD CHOICES.

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Halal Choice	Authentic Lamb Kofta served with Flatbread & Salad	Southern Cajun Breast Chicken in a Bun	Roast of the Day with Traditional Accompaniments	Chicken Jalfrezi served with Mixed Rice	Deep Fried Fish with Lemon & Tartare Sauce
Main Meal	Beef & Winter Root Vegetable Stew	Fresh Homemade Italian Pasta Bake	Creamy Turkey & Bacon Carbonara	Traditional Oven Baked Cottage Pie	Freshly Made Assorted Mexican Burritos
Vegetarian	Fresh Creamy Herb Crumbed Macaroni Cheese	Oven Baked Rainbow Vegetable Frittata	Cheese & Tomato French Bread Pizza Slices	Chinese Style Stir Fry Vegetables	
Vegetables	Jacket Wedges Peas Cauliflower Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Roasted Vegetables Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Carrots Savoy Cabbage Baked Beans Mixed Garden Salad	Boiled Potatoes Broccoli Sweetcorn Baked Beans Mixed Garden Salad	Chips Mushy Peas Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				

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WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1 Halal Choice	Oven Baked Chicken & Sweetcorn Pie	Oriental Chicken & Vegetable Stir Fry	Traditional Italian Style Lamb Lasagne	Thai Green Chicken & Vegetable Curry	Deep Fried Fish with Lemon & Tartare Sauce
Main Meal 2	Oven Baked Salmon & Lemon Crunch Fishcake	Freshly Made Hot Pulled Pork Sandwich	Roast of the Day with Traditional Accompaniments	Fresh Oven Baked Meat and Potato Pie	Assorted Hot Dogs & Braised Onions Served on Finger Roll
Vegetarian	Home Made Sweet Chilli Quorn Stir Fry with Noodles	Freshly Made Braised Winter Vegetable Hot Pot	Bindi Chick Pea & Lentil Dahl served with Mixed Rice	Italian Tomato & Wholemeal Pasta Bake	
Vegetables	Herby Baked Potatoes Garden Peas Cauliflower Baked Beans Mixed Garden Salad	Jacket Wedges Sweetcorn Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Seasonal Greens Carrot & Swede Baked Beans Mixed Garden Salad	Creamed Potatoes Broccoli Carrots Baked Beans Mixed Garden Salad	Chips Mushy Peas Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				

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WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1 Halal Choice	Firecracker Spicy Chicken Wholemeal Pasta Bake	Traditionally Made Shepherd Pie	Roast of the Day Served with Traditional Accompaniments	Southern Chicken with Tangy BBQ Sauce	Deep Fried Fish with Lemon & Tartare Sauce
Main Meal 2	Traditional Farm House Mixed Grill	BBQ Turkey Meatballs served with Noodles	Fresh Chicken Korma served with Mixed Rice	Traditional Oven Baked Cornish Pasty	Vegetable Chilli Served with Braised Rice
Vegetarian	Spicy Vegetable & Chickpea Curry with Boiled Rice	Red Onion & Cheddar Cheese Quiche	Home Made Mexican Vegetable Quesadillas	Mediterranean Vegetable Lasagne	
Vegetables	Jacket Wedges Peas Cauliflower Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Roasted Vegetables Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Carrots Savoy Cabbage Baked Beans Mixed Garden Salad	Boiled Potatoes Broccoli Sweetcorn Baked Beans Mixed Garden Salad	Chips Mushy Peas Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				