

# MAKE GOOD CHOICES.

## WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Homemade Chicken & Sweetcorn Pie	Fresh Italian style lamb Lasagne	Roast of the Day with Traditional Accompaniments	Chicken Tikka Masala served with Mixed Rice	Deep Fried Fish with Lemon & Tartare Sauce
Vegetarian	Spicy Vegetable Biryani Served with Curry Sauce	Veggie Burger served in a bun with Relish	Golden Crispy Potato Topped Shepherdess Pie	Fresh Oven Baked Cheese & Tomato Flan	Traditionally made Mexican Vegetable Burritos
Vegetables	Jacket Wedges Garden Peas Mixed Vegetables Baked Beans Mixed Garden Salad	New Potatoes Roasted Vegetables Broccoli Baked Beans Mixed Garden Salad	Roast Potatoes Sliced Carrots Savoy Cabbage Baked Beans Mixed Garden Salad	Herby Potatoes Green Beans 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	Braised Sausages served in a Rich Onion Gravy.	Traditionally Made Shepherd Pie	Roast of the Day with Traditional Accompaniments	Freshly Made Pulled BBQ Chicken Sandwich	Deep Fried Fish with Lemon & Tartare Sauce
Vegetarian	Chinese Style Stir Fry Vegetables served with Noodles	Freshly made Cheese and Vegetable Pizza Slice	Vegetable Chilli Served with Mixed Rice	Italian Tomato & Wholemeal Pasta Bake	Freshly Made Assorted Hot Paninis
Vegetables	Creamed Potatoes Mixed Vegetables Broccoli Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Sweetcorn Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Garden Peas Carrot & Swede Baked Beans Mixed Garden Salad	Potato Wedges Cauliflower 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	Fresh Oven Baked Lamb and Vegetable Pie	Savory Salmon and Tuna Fusilli Pasta Bake	Roast of the Day with Traditional Accompaniments	Homemade Burger served in a Bun	Deep Fried Fish with Lemon & Tartare Sauce
Vegetarian	Fresh & Creamy Macaroni Cheese	Fresh Oven Baked Spring Onion & Cheddar Quiche	Chinese Style Quorn and Vegetable Stir Fried Wholegrain Rice	Traditional Mediterranean Lasagne	Assorted Deep filled Tacos
Vegetables	New Potatoes Cauliflower Green Beans Baked Beans Mixed Garden Salad	Jacket Wedges Mixed Vegetables Garden Peas Baked Beans Mixed Garden Salad	Roast Potatoes Fresh Cabbage Diced Carrots Baked Beans Mixed Garden Salad	Herby Potatoes Sweetcorn Broccoli 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				