Week 1

Monday

Beef Lasagne with Garlic Flatbread
or
Vegetable Lasagne with Garlic Flatbread (V)
or
Jacket Potato with either
Cheese or Baked Beans
***

Tuesday

Keralan Chicken Curry with Rice
Or
Keralan Vegetable Curry with Rice (Vegan)
or
Jacket Potato with either
Cheese or Baked Beans
***
Today's Dessert or Fruit Pot

Wednesday

Smokey BBQ Chicken & Bacon Melt with Herby Diced Potatoes and Peas
or
Smokey BBQ Quorn Fillet with Herby Diced Potatoes and Peas (V)
or
Jacket Potato with either
Cheese or Baked Beans
***
Today's Dessert or Fruit Pot

Thursday

Hoi Sin Pork and Bean Sprout Salad Wrap
or
Roast Mediterranean Vegetables in a Tomato Wrap (Vegan)
or
Jacket Potato with either
Cheese or Baked Beans
***
Today's Dessert or Fruit Pot

Friday

Battered Fish with Chunky Chips
Or
Roast Vegetable Frittata with Chunky Chips
or
Jacket Potato with either
Cheese or Baked Beans
***
Today's Dessert or Fruit Pot

Week 2

Monday

Sri Lankan Beef and Sweet Potato Curry and Rice
or
Sri Lankan Chickpea, Spinach and Sweet Potato Curry and Rice (Vegan)
or
Jacket Potato with either
Cheese, Baked Beans or Tuna
***
Today's Dessert or Fruit Pot

Tuesday

Sticky Sweet Chilli Chicken with Noodles
Or
Sticky Sweet Chilli Vegetables with Noodles (V)
or
Jacket Potato with either
Cheese, Baked Beans or Tuna
***
Today's Dessert or Fruit Pot

Wednesday

Sausage & Mash with Peas and Onion Gravy
Or
Vegetable Plait & Mash with Peas and Onion Gravy (V)
or
Jacket Potato with either
Cheese, Baked Beans or Tuna
***
Today's Dessert or Fruit Pot

Thursday

Beef Burrito and Mexican Rice
Or
Quorn Burrito and Mexican Rice
or
Jacket Potato with either
Cheese, Baked Beans or Tuna
***
Today's Dessert or Fruit Pot

Friday

Battered Fish with Chunky Chips
Or
Spicy Five Bean Burger with Chunky Chips (Vegan)
Or
Jacket Potato with either
Cheese, Baked Beans or Tuna
***
Today's Dessert or Fruit Pot