

Monday

Classic Beef Bolognese & Whole wheat Penne with Garlic Pizza Bread

Butternut Squash & Sage Risotto with Feta Cheese & Rocket

Southern Fried Buttermilk Chicken, Herby Diced Potato Pots

New Season Potatoes

Sautéed Cabbage

Sugar Snap Peas

Salad Selection / Bar

Selection of **Fresh Fruit, Yogurts, Fruit Pots, Cakes, Bakes & Cookies**

Week 2 Menu



Choose a **Main**, a **Side** and a **Vegetable** then one **Dessert** from each daily choice...

Tuesday

Baked Cumberland Sausage & Roasted Onion Gravy

Roast Vegetable & Potato Goulash with Savoury Rice

Spiced Beef, Tomato & Mozzarella Cheese Calzone

Champ Potatoes

Glazed Carrots

Garden Peas

Salad Selection / Bar

Selection of **Fresh Fruit, Yogurts, Fruit Pots, Cakes, Bakes & Cookies**

Wednesday

Roast Chicken, Sage & Roasted Onion Stuffing & Pan Gravy

Spiced Chickpea & Spinach Falafel Wrap with Spinach Salad

African Volcano Meatball & Vegetable Pasta Bake

Rosemary Roast Potatoes

Vegetable Medley

Broccoli

Salad Selection / Bar

Selection of **Fresh Fruit, Yogurts, Fruit Pots, Cakes, Bakes & Cookies**

Thursday

Spiced Chilli Con Carne Beef with Cheesy Pepper & Onion Nachos

Nut Free Pesto, Rocket & Roasted Onion Spaghetti

Mediterranean Chicken & Piri Piri Sausage Paella

Baked Potato Wedges Sweetcorn

Roast Courgettes

Salad Selection / Bar

Selection of **Fresh Fruit, Yogurts, Fruit Pots, Cakes, Bakes & Cookies**

Friday

Baked Fish Pie Topped with Mashed Potato

Naan Bread Pizza, Tandoori Vegetables & Paneer Cheese

Tandoori Chicken Wrap, Lettuce, Cucumber & Mint Yoghurt

New Season Potatoes

Green Beans

Cauliflower

Salad Selection / Bar

Selection of **Fresh Fruit, Yogurts, Fruit Pots, Cakes, Bakes & Cookies**

Always

Try to choose a **balanced** and **nutritious** combination!

Enjoy
your **lunch!**

