

# weekly menu.

Meal	Mon	Tue	Wed	Thurs	Fri
soup & bread					
	red lentil & chick pea soup	mushroom soup	spiced butternut squash soup	leek & potato soup	tomato soup
	sesame loaf	caraway seed loaf	wholemeal loaf	poppy seed bread	garlic & herb bread
Lunch					
Main option 1	pork meatballs in a rich tomato sauce	chicken tagine	roast turkey & cranberry sauce	minced beef and potato pie	new york hot dog
Main option 2	Quorn meatballs in a rich tomato sauce	vegetable & chick pea tagine	cheesy hot pot	spinach & feta filo parcels	quorn hot dog
Sides	spaghetti	lime & coriander rice	roast potatoes	glazed new potato	chips
	roasted vegetables	chargrilled cauliflower	buttered spring cabbage	broccoli	peas
	green beans	minted peas	steamed carrots	sweetcorn	baked beans
Pasta bar	salmon, olive and red pepper or arrabiatta	arrabiatta or carbonara	arrabiatta or mascarpone, tomato & basil	basil pesto or arrabiatta	creamy pepper or arrabiatta
Jacket potatoes	savoury cheese , baked beans or cheese	tuna mayonnaise, cheese or, baked beans	cheese, beans or chicken & sweetcorn mayonnaise	sausage & beans, cheese or beans	beef chilli, cheese or beans
Dessert	chocolate coconut cake & custard	apricot bakewell tart	rhubarb crumble & custard	eve's pudding & custard	flapjack