

## MONDAY

- MAIN MEAL** British Slow Cooked Beef Enchilada topped with a Rich Tomato & Mozzarella Sauce
- VEGGIE MEAL** Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce ✓
- SIDES** Crunchy Chophouse Salad & Hand Cut Potato Wedges ✓
- DESSERT** Retro Jam Sponge with Custard ✓

## TUESDAY

- MAIN MEAL** Tandoori Chicken Masala Curry with Turmeric Infused Rice
- VEGGIE MEAL** Mediterranean Roasted Vegetable Calzone ✓
- SIDES** Green Beans & Red Slaw Salad ✓
- DESSERT** Spiced Apple & Honey Oaty Crumble with Custard ✓

## WEDNESDAY

- MAIN MEAL** Roast Beef & Yorkshire Pudding with Roast Potatoes
- VEGGIE MEAL** Roasted Cherry Tomato & Broccoli Tart with Side Salad or Vegetables ✓
- SIDES** Roasted Seasonal Root Vegetables & Savoy Cabbage ✓
- DESSERT** Chocolate & Pear Sponge with Chocolate Custard ✓

## THURSDAY

- MAIN MEAL** Chicken Sausages with Mashed Potato, Sage & Red Onion Gravy in a Yorkshire Pudding
- VEGGIE MEAL** Butterbean & Mushroom Stroganoff with Ribbons of Tagliatelle ✓
- SIDES** Carrots & Sweetcorn ✓
- DESSERT** Fruit Pancake with Vanilla Ice Cream ✓

## FRIDAY

- MAIN MEAL** Battered Fish & Chips with Tartar Sauce
- VEGGIE MEAL** Ultimate Mac & Cheese with Garlic Bread Shard ✓
- SIDES** Smoky BBQ Baked Beans & Garden Peas ✓
- DESSERT** Vanilla Shortbread Biscuit ✓

29<sup>TH</sup> OCT, 19<sup>TH</sup> NOV, 10<sup>TH</sup> DEC, 31<sup>ST</sup> DEC, 21<sup>ST</sup> JAN, 11<sup>TH</sup> FEB, 4<sup>TH</sup> MAR, 25<sup>TH</sup> MAR  
WEEK 1 - NP

## MONDAY

- MAIN MEAL** Texas BBQ Chicken with Hand Cut Potato Wedges  
**VEGGIE MEAL** Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella ✓  
**SIDES** Boston Baked Beans & Sweetcorn ✓  
**DESSERT** Caramelised Apple & Plum Crunchy Crumble with Custard ✓

## TUESDAY

- MAIN MEAL** Mild Chilli Beef Taco & Minted Yoghurt with Chunky Tomato Salsa Salad  
**VEGGIE MEAL** Chargrilled Spicy Fajitas with Mexican Rice ✓  
**SIDES** Green Beans & Salsa Salad ✓  
**DESSERT** Carrot Cake with Custard ✓

## WEDNESDAY

- MAIN MEAL** Lemon & Thyme Roasted British Chicken & Stuffing with Roast Potatoes  
**VEGGIE MEAL** Five Bean & Barley Cassoulet with Fresh Herb Dumplings ✓  
**SIDES** Roasted Seasonal Root Vegetables & Garden Peas ✓  
**DESSERT** Marbled Chocolate Sponge with Chocolate Custard ✓

## THURSDAY

- MAIN MEAL** Farm Assured Beef Lasagne with a Garlic Bread Shard  
**VEGGIE MEAL** Mild Vegetable Chilli Taco & Minted Yoghurt with Chunky Tomato Salad ✓  
**SIDES** Carrots & Broccoli ✓  
**DESSERT** Red Cherry & Apple Puff Pastry Pie with Vanilla Ice Cream ✓

## FRIDAY

- MAIN MEAL** Battered Fish & Chips with Tartar Sauce  
**VEGGIE MEAL** Free Range Egg, Cheese & Vegetable Frittata with Chips ✓  
**SIDES** Baked Beans & Garden Peas ✓  
**DESSERT** Chocolate & Beetroot Brownie ✓

5<sup>TH</sup> NOV, 26<sup>TH</sup> NOV, 17<sup>TH</sup> DEC, 7<sup>TH</sup> JAN, 28<sup>TH</sup> JAN, 18<sup>TH</sup> FEB, 11<sup>TH</sup> MAR, 1<sup>ST</sup> APR  
WEEK 2 - NP

## MONDAY

- MAIN MEAL** Traditional Beef Bolognese Sauce with Herbed Spaghetti  
**VEGGIE MEAL** Red Lentil & Cheese Loaf with a Rich Tomato Sauce & Hand Cut Potato Wedges ✓  
**SIDES** Broccoli & Carrots ✓  
**DESSERT** Poached Pear & Apple Crumble with Custard ✓

## TUESDAY

- MAIN MEAL** Chargrilled Spicy Chicken Fajitas with Mexican Sweet Pepper Rice  
**VEGGIE MEAL** Linda McCartney Sausages with Mashed Potato & Caramelised Red Onion Gravy in a Yorkshire Pudding ✓  
**SIDES** Sweetcorn or Baby Leaf & Tomato Salad ✓  
**DESSERT** Sticky Toffee Pudding with Custard ✓

## WEDNESDAY

- MAIN MEAL** Roast Turkey, Stuffing & Bread Sauce with Roast Potatoes  
**VEGGIE MEAL** Rosemary, Feta & Pepper Quiche with Roast Potatoes ✓  
**SIDES** Roasted Seasonal Root Vegetables & Curly Kale ✓  
**DESSERT** Warm Waffle with Chocolate Custard ✓

## THURSDAY

- MAIN MEAL** Chilli Con Carne, Sour Cream & Salsa served with Rice  
**VEGGIE MEAL** Sweet & Spiced Potato & Chickpea Keralan Curry with Lemon Infused Rice ✓  
**SIDES** Carrots & Cauliflower ✓  
**DESSERT** Apple & Blackcurrant Shortcrust Pastry Pie with Custard ✓

## FRIDAY

- MAIN MEAL** Battered Fish & Chips with Tartar Sauce  
**VEGGIE MEAL** BBQ Pulled Carrot & Bean Slider with Mozzarella Cheese ✓  
**SIDES** Baked Beans & Garden Peas ✓  
**DESSERT** Baked Banana Flapjack ✓

22<sup>ND</sup> OCT, 12<sup>TH</sup> NOV, 3<sup>RD</sup> DEC, 24<sup>TH</sup> DEC, 14<sup>TH</sup> JAN, 4<sup>TH</sup> FEB, 25<sup>TH</sup> FEB, 18<sup>TH</sup> MAR  
WEEK 3 - NP