

DAILY Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegan meatball in rich tomato sauce	BBQ jerk chicken	Lamb Kofta	Beef lasagne	Takeaway day Battered Pollock
Vegetarian	Gluten free oven baked bubble salmon	Mexican Quorn wrap	Vegetarian mini spring rolls	Baked vegetarian sausages with tomato and vegetables	Takeaway day Vegan sausage roll
Alternative	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans
Accompaniments	Seasonal vegetables Steamed rice or pasta	Seasonal vegetables Steamed rice	Seasonal vegetables Steamed rice or Oriental egg noodles	Seasonal vegetables Steamed rice or garlic bread	Seasonal vegetables Steamed rice or Chips
Extras	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers



DAILY Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Coconut curry with sweet potatoes and pumpkin	Salmon fish cake	Chicken sausages with caramelised red onion gravy	Beef pasta baked with mozzarella	Takeaway day Fish fingers
Vegetarian	Mac and cheese	Quorn and vegetables paella	Vegetable gratin	Tofu with sweet and sour sauce	Takeaway day Mexican vegetarian burrito
Alternative	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans
Accompaniments	Steamed rice Mini naan bread Seasonal vegetables	Steamed rice or Oven baked barley Seasonal vegetables	Steamed rice or Olive oil mash potatoes Seasonal vegetables	Steamed rice Seasonal vegetables	Chips Seasonal vegetables
Extras	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers



DAILY Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Quorn lasagna	Madras chicken curry with cauliflower and chickpea	Beef burger with salad	Irish stew	Takeaway day Fish fingers
Vegetarian	Vegetarian meatball bruschetta	Spanish tortilla	Vegan nuggets	Cornish vegan slice	Takeaway day Vegetable pizza
Alternative	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans	Jacket Potato with either Cheese & Beans
Accompaniments	Steamed rice or Whole meal penne pasta Seasonal vegetables	Steamed rice Naan bread Seasonal vegetables	Steamed rice or Criss cuts potatoes Seasonal vegetables	Steamed rice or Colcannon potatoes Seasonal vegetables	Chips Baked beans Steamed Vegetables
Extras	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers	Fruit Yoghurt Cheese and crackers

