



Week One

<b>week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1<sup>st</sup> main course</b>	Piri-piri chicken - Charter style	Beef goulash	Top rump with Yorkshire pudding	Chicken Balti	Fish finger with lemon wedges
<b>2<sup>nd</sup> main course</b>	Lamb moussaka	Chicken fajitas	Roast chicken breast with stuffing ball	Pork escalope a l'anglaise	Sweet chilli chicken in subway roll
<b>Vegetarian option</b>	Quorn moussaka	Mushroom croquette risotto	Quorn roasted in creamy gravy	Chunky roasted vegetable in Balti sauce	Vegetable cheese burger
<b>Jacket potato bar</b>	Baked beans and cheese/plain with choice filling	Baked beans and cheese/plain with choice filling	Baked beans and cheese/plain with choice filling	Baked beans and cheese/plain with choice filling	Baked beans and cheese/plain with choice filling
<b>bar food</b>	Homemade margarita pizza	Homemade margarita pizza	Homemade margarita pizza	Homemade margarita pizza	Homemade margarita pizza
<b>Carbohydrate</b>	Mashed potatoes	Plain potato wedges	Roasted potatoes	Tomato braised rice	Oven chips
<b>vegetable</b>	Broccoli, sliced green beans	Garlic and parsley, chunky carrot	Carrot and broccoli// Roasted parsnip and celeriac	Steamed cauliflower florets	Peas
<b>Dessert</b>	Fresh fruit	Fresh fruit	Fresh fruit, yogurt, spiced apple crumble and custard	Fresh fruit	Fresh fruit
<b>salad bar</b>	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.



Week Two

<b>week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1<sup>st</sup> main course</b>	Southern fried chicken	Lamb casserole	Roasted veal knuckle with Yorkshire pudding	Mango chicken curry	Breaded haddock
<b>2<sup>nd</sup> main course</b>	Penne bolognaise	Red Thai curry	Roasted chicken breast with stuffing ball	3 cheese baked penne	Lamb kebab with mint yoghurt and pitta bread
<b>Vegetarian option</b>	Quorn bolognaise	Quorn red Thai curry	Quorn filet in tarragon sauce	Onion & leek tart	Homemade 3 cheese pasty
<b>Jacket potato bar</b>	Baked beans and cheese/plain with choice filling	Baked beans and cheese/plain with choice filling	Baked beans and cheese/plain with choice filling	Baked beans and cheese/plain with choice filling	Baked beans and cheese/plain with choice filling
<b>bar food</b>	Homemade margarita pizza	Homemade margarita pizza	Homemade margarita pizza	Homemade margarita pizza	Homemade margarita pizza
<b>Carbohydrate</b>	Potato wedges	Coconut rice/boiled new potatoes	Roasted potatoes	Steamed rice	Oven chips
<b>vegetable</b>	Medley of vegetables (sliced carrot, sweetcorn peas)	Sliced green beans and sautéed onion	Sautéed savoy cabbage, carrot and roasted parsnip	Sweetcorn and carrot	Mushy peas
<b>dessert</b>	Fresh fruit	Fresh fruit	Hot chocolate pudding	Fresh fruit	Fresh fruit
<b>salad bar</b>	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.



Week Three

<b>week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1<sup>st</sup> main course</b>	Chicken Kiev	Beef pie	Roasted pork with apple sauce	Chicken tikka masala	Fish cake, salmon pollock and herb
<b>2<sup>nd</sup> main course</b>	Beef meat balls in arrabiata sauce	Turkey escalope creamy gravy sauce on the side	Roast Chicken	Slow cooked pork steak in BBQ sauce	Homemade Somerset sausage roll
<b>Vegetarian option</b>	Quorn ball cooked in arrabiata sauce	Gratined Quorn pasta, tomato, orange and spinach	Quorn in gravy	Vegetable chicken tikka masala	Vegan sausage roll
<b>Jacket potato bar</b>	Baked beans and cheese /plain with choice filling	Baked beans and cheese /plain with choice filling	Baked beans and cheese /plain with choice filling	Baked beans and cheese /plain with choice filling	Baked beans and cheese /plain with choice filling
<b>bar food</b>	Homemade pizza	Homemade pizza	Homemade pizza	Homemade pizza	Homemade margarita //chicken
<b>Carbohydrate</b>	Fusilli//Pomme boulangere (Oven cooked potatoes)	mashed potatoes	roasted potatoes	turmeric rice	oven chips
<b>vegetable</b>	Sautéed green vegetables	Peas and sweet corn	Carrot and provençale roasted courgette	Broccoli	Minty garden peas
<b>dessert</b>	Fresh fruit	Fresh fruit	Pineapple sponge with custard	Fresh fruit	Fresh fruit
<b>salad bar</b>	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.	Tomato, cucumber, lettuce, coleslaw, pasta salad, olives, shredded carrot, sweetcorn, beet root.