



MONDAY - MAIN MEAL 1

MAIN MEAL	Chicken Enchiladas
VEGGIE MEAL	Vegetable Enchiladas
SIDES	Patatas Bravas, Grated Cheese & Roasted Carrots
DESSERT	Maryland Cookie

TUESDAY - MAIN MEAL 1

MAIN MEAL	Aloo Beef Keema
VEGGIE MEAL	Jalfrezi Paneer
SIDES	Jeera Rice, Garlic & Coriander Naan & Broccoli
DESSERT	Apple Crumble with Custard

WEDNESDAY - MAIN MEAL 1

MAIN MEAL	Lemon & Thyme Roast Chicken With Gravy
VEGGIE MEAL	Cheese & Onion Tart
SIDES	Roasted Potatoes, Yorkshire Pudding, Seasonal Greens
DESSERT	Cherry Cornflake Cake

THURSDAY - MAIN MEAL 1

MAIN MEAL	Kefta Mkaouara Meatballs
VEGGIE MEAL	Vegetable & Pineapple Kebob
SIDES	Hot Hot Potatoes, Fried Plantain & Sweetcorn
DESSERT	Chocolate & Pear Sponge

FRIDAY - MAIN MEAL 1

MAIN MEAL	Battered Fish
VEGGIE MEAL	Vegan Burger
SIDES	Chips & Baked Beans
DESSERT	Banana Flapjack

MONDAY - MAIN MEAL 2

MAIN MEAL	Beef Bolognaise
VEGGIE MEAL	Arrabiata Sauce
SIDES	Penne, Garlic Bread or Grated Cheddar Cheese & Roasted Carrots
DESSERT	Maryland Cookie

TUESDAY - MAIN MEAL 2

MAIN MEAL	Cacciatore Chicken
VEGGIE MEAL	Sugo Al Pomodoro
SIDES	Spaghetti, Rosemary Focaccia or Grated Cheddar Cheese & Broccoli
DESSERT	Apple Crumble with Custard

WEDNESDAY - MAIN MEAL 2

MAIN MEAL	Beef Bolognaise
VEGGIE MEAL	Arrabiata Sauce
SIDES	Penne, Garlic Bread or Grated Cheddar Cheese & Roasted Carrots
DESSERT	Cherry Cornflake Cake

THURSDAY - MAIN MEAL 2

MAIN MEAL	Pollo Al Pesto
VEGGIE MEAL	Arrabiata Sauce
SIDES	Spaghetti, Rosemary Focaccia or Grated Cheddar Cheese & Sweetcorn
DESSERT	Chocolate & Pear Sponge

FRIDAY - MAIN MEAL 2

MAIN MEAL	Beef Bolognaise
VEGGIE MEAL	Arrabiata Sauce
SIDES	Penne, Garlic Bread or Grated Cheddar Cheese & Roasted Carrots
DESSERT	Banana Flapjack

**VERY
TASTY**

MONDAY - MAIN MEAL 1

MAIN MEAL	Chicken Bulgogi
VEGGIE MEAL	Sweet & Sour Vegetable
SIDES	Egg Fried Rice, Spring Rolls & Asian Slaw
DESSERT	Chocolate & Beetroot Brownie

TUESDAY - MAIN MEAL 1

MAIN MEAL	Chilli Con Carne
VEGGIE MEAL	Chilli Sin Carne
SIDES	Chargrilled Wrap, Nachos & Corn on the Cob
DESSERT	Lemon Drizzle Sponge

WEDNESDAY - MAIN MEAL 1

MAIN MEAL	Honey Roast Gammon with Gravy
VEGGIE MEAL	Cauliflower Cheese
SIDES	Roasted Potatoes, Yorkshire Pudding & Seasonal Greens
DESSERT	Chocolate Rice Krispie Cake

THURSDAY - MAIN MEAL 1

MAIN MEAL	Jerk Chicken
VEGGIE MEAL	Jamaican Coconut & Vegetable Curry
SIDES	Rice & Peas, Fried Plantain & Spicy Slaw
DESSERT	Oat Cookie

FRIDAY - MAIN MEAL 1

MAIN MEAL	Battered Fish
VEGGIE MEAL	Vegan Burger
SIDES	Chips & Baked Beans
DESSERT	Apple & Carrot Flapjack

MONDAY - MAIN MEAL 2

MAIN MEAL	Beef Bolognaise
VEGGIE MEAL	Arrabiata Sauce
SIDES	Penne, Garlic Bread or Grated Cheddar Cheese & Roasted Carrots
DESSERT	Chocolate & Beetroot Brownie

TUESDAY - MAIN MEAL 2

MAIN MEAL	Cacciatore Chicken
VEGGIE MEAL	Sugo Al Pomodoro
SIDES	Spaghetti, Rosemary Focaccia or Grated Cheddar Cheese & Broccoli
DESSERT	Lemon Drizzle Sponge

WEDNESDAY - MAIN MEAL 2

MAIN MEAL	Beef Bolognaise
VEGGIE MEAL	Arrabiata Sauce
SIDES	Penne, Garlic Bread or Grated Cheddar Cheese & Roasted Carrots
DESSERT	Chocolate Rice Krispie Cake

THURSDAY - MAIN MEAL 2

MAIN MEAL	Meatball Marinara
VEGGIE MEAL	Napolitana Sauce
SIDES	Penne, Garlic Bread or Grated Cheddar Cheese & Seasonal Greens
DESSERT	Oat Cookie

FRIDAY - MAIN MEAL 2

MAIN MEAL	Beef Bolognaise
VEGGIE MEAL	Arrabiata Sauce
SIDES	Penne, Garlic Bread or Grated Cheddar Cheese & Roasted Carrots
DESSERT	Apple & Carrot Flapjack

WEEK 2: 28TH APR, 19TH MAY, 9TH JUN, 30TH JUN, 21ST JUL, 8TH SEP, 29TH SEP, 20TH OCT, 10TH NOV, 1ST DEC



MONDAY - MAIN MEAL 1

MAIN MEAL	Chicken Korma
VEGGIE MEAL	Vegetable Pasanda
SIDES	Pilau Rice, Garlic & Coriander Naan, Cauliflower
DESSERT	Orange Shortbread Biscuit

TUESDAY - MAIN MEAL 1

MAIN MEAL	Cumberland Sausage & Gravy
VEGGIE MEAL	Vegan Sausage & Gravy
SIDES	Mashed Potato, Baked Beans & Peas
DESSERT	Carrot Cake

WEDNESDAY - MAIN MEAL 1

MAIN MEAL	Lemon & Thyme Roast Chicken With Gravy
VEGGIE MEAL	Cheese & Onion Tart
SIDES	Roasted Potatoes, Yorkshire Pudding, Seasonal Greens
DESSERT	Cherry Cookie

THURSDAY - MAIN MEAL 1

MAIN MEAL	Guisado De Pollo
VEGGIE MEAL	Vegetarian Fajita
SIDES	Arroz Verde, Nachos & Sweetcorn
DESSERT	Apple & Parsnip Cake

FRIDAY - MAIN MEAL 1

MAIN MEAL	Battered Fish
VEGGIE MEAL	Vegan Burger
SIDES	Chips & Baked Beans
DESSERT	Chocolate Shortbread

MONDAY - MAIN MEAL 2

MAIN MEAL	Beef Bolognese
VEGGIE MEAL	Arrabiata Sauce
SIDES	Penne, Garlic Bread or Grated Cheddar Cheese & Roasted Carrots
DESSERT	Orange Shortbread Biscuit

TUESDAY - MAIN MEAL 2

MAIN MEAL	Meatball Marinara
VEGGIE MEAL	Napolitana Sauce
SIDES	Penne, Garlic Bread or Grated Cheddar Cheese & Seasonal Greens
DESSERT	Carrot Cake

WEDNESDAY - MAIN MEAL 2

MAIN MEAL	Beef Bolognese
VEGGIE MEAL	Arrabiata Sauce
SIDES	Penne, Garlic Bread or Grated Cheddar Cheese & Roasted Carrots
DESSERT	Cherry Cookie

THURSDAY - MAIN MEAL 2

MAIN MEAL	Bacon & Mushroom Carbonara
VEGGIE MEAL	Macaroni & Cheese
SIDES	Penne, Garlic Bread & Carrots
DESSERT	

FRIDAY - MAIN MEAL 2

MAIN MEAL	Beef Bolognese
VEGGIE MEAL	Arrabiata Sauce
SIDES	Penne, Garlic Bread or Grated Cheddar Cheese & Roasted Carrots
DESSERT	Chocolate Shortbread

WEEK 3: 5TH MAY, 26TH MAY, 16TH JUN, 7TH JUL, 28TH JUL, 15TH SEP, 6TH OCT, 27TH OCT, 17TH NOV, 8TH DEC