






Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Butternut squash	Mushroom and tarragon	Celeriac and saffron	Winter vegetable and barley broth	Leek and potato
Traditional Hot dish	Cumberland whirl	Chicken Tikka Masala 	Roast pork loin 	Beef lasagna 	Beef curry
Vegetarian dish	Quorn cottage pie	Stir fried noodles	Quorn sausage and bean casserole	Thai vegetable curry	Tomato and mozzarella pizza 
Composite Salad	Hallumi salad	Tuna Nicoise	Char sui chicken noodle 	Chicken Caesar	Mexican chicken with Nachos
Baked potato or Pasta	Pasta bar		Pasta bar	Jacket	Pasta
Accompaniments	Mashed potato Carrots~ Sugar snaps and garden peas	Mango chutney, poppadum's, savory rice, cauliflower, mixed greens	Rosemary roast potatoes, roast parsnips, carrot and swede crush	Broccoli, sweetcorn, focaccia	Medley of vegetables, spring onion mash, baked beans
Desserts	Pear tart tatin	Jam Swiss roll	Chocolate torta	Orange drizzle cake with custard	Apple crumble
Chilled puddings	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Sweet potato and coconut	Tomato and lentil	Roast parsnip	Pea	Carrot and ginger
Traditional Hot dish	Beef chili 	Chicken and chorizo arabiatta	Roast Turkey breast with cranberry and stuffing 	Beef casserole	Battered cod fillet 
Vegetarian dish	Vegetable lasagne 	Quorn and root vegetable pie	Quorn bolognaise	Quorn curry with savory rice	Margarita pizza 
Composite Salad	Greek salad	Heritage tomato and mozzarella	Moroccan chicken and cous cous	Smoked mackerel with orange and beetroot	Piri piri chicken rice salad
Baked potato or Pasta	Pasta	Jacket	Pasta	Jacket	Pasta
Accompaniments	Rice, roast carrot and parsnip, sugar snap peas	Fusilli pasta, savoy cabbage and spinach , roast Mediterranean vegetable	Roast new potatoes, carrot and swede crush, broccoli	Mashed potato, carrots , fine beans	Chips , beans, cauliflower cheese
Desserts	Tiramisu	Apple and cinnamon cake	Pineapple upside down cake	Banana, chocolate chip cake with chocolate custard	Chocolate cornflake and jam slice
Chilled puddings	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Curried cauliflower	Tuscan bean	Potato and water cress	Lentil	Garden vegetable
Hot dish	Cottage pie 	Beef ragu	Honey roast ham 	Beef and vegetable hot pot	Chicken and bacon pie 
Vegetarian dish	Stir fry noodles 	Courgette and goats cheese quiche	Root vegetable stew	Sweet potato and chick pea curry	Cheese and tomato pizza 
Composite Salad	Brie and smoked bacon	Ham hock and Cheshire cheese	Cous cous and feta	Goats cheese, beetroot and caramelized onion	Prawn cocktail
Baked potato or Pasta	Pasta	Jacket	Pasta	Jacket	Pasta
Accompaniments	Broccoli and sweetcorn	Fusilli pasta , ratatouille, carrot	Braised red cabbage, sweet potato mash ,	Mixed greens. Honey roast parsnip	Egg fried rice, beans, courgette
Desserts	Carrot cake with butter cream filling	Apple pie	Dark ginger bread custard	Chocolate sponge and toffee sponge	Jam and coconut sponge
Chilled puddings	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit	Fruit Jelly, Dessert Pot, Yoghurt & Fresh Fruit

