

WEEK 1 MENU

Menu week commencing 21/9 and 12/10 2020

Monday (Meat free)

Macaroni cheese
Butternut risotto
Daily Vegetables
Dessert: Fruit

Tuesday

Chicken tikka masala with rice
Chargrilled vegetable quesadilla with rice
Daily vegetables
Dessert: Fruit

Wednesday

Roast chicken with potatoes
Moroccan chickpea curry with couscous
Daily vegetables
Dessert: Fruit

Thursday

Beef burger in a bun
Chickpea burger in a bun
Daily vegetables
Dessert: Fruit

Friday

Fish fingers and chips
Vegetable fritter with tortilla and chips
Daily vegetables
Dessert: Chocolate and Carrot Brownie

WEEK 2 MENU

Menu week commencing 7/9, 28/9 & 19/10 2020

Monday (Meat Free)

Margherita Pizza
Mexican 5 Bean Vegetable Tostada
Daily vegetables
Dessert: Fruit

Tuesday

Spaghetti bolognaise
Sweet potato topped vegetable pie
Daily vegetables
Dessert: Pitta, humus, cucumber and olive

Wednesday

Herby Chicken breast with roast potatoes, stuffing and gravy
Mediterranean veg tart
Jacket potato with cheese
Daily vegetables
Dessert: Fruit

Thursday

Sausages with mashed potato and gravy
Vegetarian sausages with new potatoes
Daily vegetables
Dessert: Fruit

Friday

Battered fish and chips
Falafal and carrot wrap with salsa and chips
Daily vegetables
Dessert: Apple crumble

WEEK 3

Menu week commencing 14/9 and 5/10 2020

Monday

Pasta bake
Vegetarian katsu curry with rice
Daily vegetables
Dessert: Fruit

Tuesday

Mild jerk chicken with rice
Vegetarian special fried rice
Daily vegetables
Dessert: Fruit

Wednesday

Roast chicken with roast potatoes
Tofu and vegetable noodle stir fry
Daily vegetables
Dessert: Fruit

Thursday

Chicken & sweetcorn meatballs with noodles
Pitta pizza topped with houmous and roasted vegetables
Daily vegetables
Dessert: Fruit

Friday

Fish-fingers and chips
Vegetable nuggets with chips
Daily vegetables
Dessert: Flapjack