

# MAKE GOOD CHOICES.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal</b>	Moroccan Spiced Chicken and Herby Cous Cous	Authentic Tex Mex Flavoured Lamb and Guacamole	Roast of the Day with Traditional Accompaniments	Southern American Style BBQ Chicken Fillet	Deep Fried Fish with Lemon & Tartar Sauce
<b>Main Meal</b>	Vegetable Curry served with 50/50 Rice	Freshly baked Mac'n'Cheese served with Garlic Bread	Chinese Sweet Chilli and Quorn Vegetable Stir Fry	Keralan Chickpea, Cauliflower & Pepper Curry with Mixed Rice	Sweet Potato, Lentil & Spinach Frittata
<b>Vegetables</b>	New Potatoes Garden Peas Cauliflower Baked Beans Mixed Garden Salad	Jacket Wedges Green Beans Roasted Vegetables Baked Beans Mixed Garden Salad	Roast Potatoes Baton Carrots Savoy Cabbage Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Sweetcorn Mixed Vegetables Baked Beans Mixed Garden Salad	Chips Mushy Peas Baked Beans Mixed Garden Salad
<b>Available Daily</b>	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salad Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal</b>	Oriental Chicken and Vegetable Stir Fry with Noodles	Freshly Made Salmon and Tuna Fusilli Pasta Bake	Roast of the Day with Traditional Accompaniments	Spiced Chicken Jalfrezi with Wholegrain Rice	Fish Finger Sandwich on Wholemeal or White Bread or Crispy Fish fingers
<b>Main Meal</b>	Oven Baked Vegetarian Sausages and Rich Onion Gravy	Seasonal Root Vegetable & Lentil Hot Pot	Zingy Vegetable Chilli served with Braised Rice	Fresh and Creamy Vegetable Pasta Primavera	A Selection of Pizza Slices
<b>Vegetables</b>	Creamed Potatoes Broccoli Cauliflower Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Sweetcorn Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Seasonal Greens Mixed Vegetables Baked Beans Mixed Garden Salad	New Potatoes Garden Peas Diced Carrots Baked Beans Mixed Garden Salad	Chips Mushy Peas Baked Beans Mixed Garden Salad
<b>Available Daily</b>	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salad Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal</b>	Portuguese Piri-Piri Glazed Chicken Breast	Braised Lamb Keema Curry with Wholegrain Rice	Roast of the Day with Traditional Accompaniments	Deep Filled Chicken and Vegetable Enchiladas	Deep Fried Fish with Lemon & Tartare Sauce
<b>Main Meal</b>	Spicy Chickpea and Vegetable Masala Wrap	Oven Baked Mediterranean Vegetable Lasagne	Crispy Potato Topped Shepherdess Pie	Freshly Made Savoury Cheese & Red Onion Flan	Assorted Hot Dogs
<b>Vegetables</b>	Jacket Wedges Garden Peas Roasted Vegetables Baked Beans Mixed Garden Salad	New Potatoes Sweetcorn Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Cauliflower Sliced Carrots Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Broccoli Florets Mixed Vegetables Baked Beans Mixed Garden Salad	Chips Mushy Peas Baked Beans Mixed Garden Salad
<b>Available Daily</b>	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salad Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				