

# MAKE

GOOD CHOICES.

## WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Traditional Lamb Kofta with Flatbread & Salad	Fresh Southern Style Cajun Chicken in a Bun	Roast of the Day with Traditional Accompaniments	Spicy Chicken Jalfrezi served with Mixed Rice	Deep Fried Fish with Lemon & Tartare Sauce
Vegetarian	Creamy Herb Crumbed Macaroni Cheese	Freshly made Rainbow Vegetable Frittata	Authentic Chinese Style Vegetable Stir Fry	Fresh Oven Baked Cheese & Tomato Flan	Traditionally made Mexican Vegetable Burritos
Vegetables	Jacket Wedges Peas Mixed Vegetables Baked Beans Mixed Garden Salad	New Potatoes Roasted Vegetables Broccoli Baked Beans Mixed Garden Salad	Roast Potatoes Carrots Savoy Cabbage Baked Beans Mixed Garden Salad	Herby Potatoes Green Beans Sweetcorn & Pepper Baked Beans Mixed Garden Salad	Chips Mushy Peas Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				

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## WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Traditional Farm House Grill	BBQ Turkey Meatballs with Noodles	Roast of the Day with Traditional Accompaniments	Fresh Oven Baked Chicken & Sweetcorn Pie	Deep Fried Fish with Lemon & Tartare Sauce
Vegetarian	Chick Pea & Lentil Dahl with 50/50 Rice	Vegetable Hot Dogs with Onions served on a finger roll	Freshly made Braised Winter Vegetable Hot Pot	Italian Tomato & Wholemeal Pasta Bake	Freshly Made Homemade Assorted Hot Paninis
Vegetables	Herby Potatoes Grilled Tomatoes Cauliflower Baked Beans Mixed Garden Salad	Potato Wedges Sweetcorn Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Seasonal Greens Carrot & Swede Baked Beans Mixed Garden Salad	New Potatoes Broccoli Carrots Baked Beans Mixed Garden Salad	Chips Mushy Peas Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				

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## WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Freshly Made Hot Pulled Pork Sandwiches	Oven Baked Salmon & Lemon Crunch Fishcakes	Roast of the Day with Traditional Accompaniments	Smothered Chicken with Tangy BBQ Sauce	Deep Fried Fish with Lemon & Tartare Sauce
Vegetarian	Vegetable & Chickpea Curry served with Mixed Rice	Fresh Oven Baked Red Onion & Cheddar Quiche	Traditional Mediterranean Lasagne	Fresh Spicy Mexican Style Vegetable Quesadillas	Vegetable Chili Served with Braised Rice
Vegetables	Jacket Wedges Peas Cauliflower Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Roasted Vegetables Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Carrots Savoy Cabbage Baked Beans Mixed Garden Salad	Boiled Potatoes Broccoli Sweetcorn Baked Beans Mixed Garden Salad	Chips  Mushy Peas Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				