

WEEK 1

MONDAY

Chicken Stir Fry and Rice
Quiche Lorraine
Rosemary and Thyme Sausages
Quorn Stir-fry
Fruit Crumble

TUESDAY

Pizza
Chicken Korma
Vegetarian Nuggets
Vegetable Korma
Treacle Pudding

WEDNESDAY

Cheese Burger
Southern Coated Chicken Breast
Vegetarian Burgers
Mushroom Risotto
Jam Sponge

THURSDAY

Spicy Beef Pasta Bake
Chicken Fajitas with Salad and Dips
Vegetable Casserole
Quorn Sausage
Ginger Sponge

FRIDAY

Fish and Chips
Pasta Ravioli
Cheese and Onion Lattice
Quorn Fillet in Basil and Tomato Sauce
Rice Pudding

WEEK 2

MONDAY

BBQ Pork with Rice
Lincolnshire Sausage
Chick Pea and Sweet Potato Curry
Macaroni Cheese
Chocolate Sponge and Sauce

TUESDAY

Roast Beef Dinner and Yorkshire Pudding
Cod Fish Cakes
Cheese and Onion Pasties
Stuffed Potato Skins
Lemon Sponge

WEDNESDAY

Chicken Goujons and Garlic Dip
Spaghetti Bolognese
Tomato and Pepper Pasta
Quorn Burger
Apple Pie

THURSDAY

Crispy Beef with Noodles
Hunter Chicken
Sweet and Sour Quorn
Vegetable Lasagne
Rhubarb Crumble

FRIDAY

Chicken Pie
Fish Goujons
Vegetable Paella
Spicy Bean Burger
Ginger Sponge

WEEK 3

MONDAY

Pasta Carbonara
Spicy Chicken Risotto
Quorn Carbonara
Cheese and Onion Sausages
Apple Crumble

TUESDAY

Turkey Taco with Sides
Savoury Mince and Yorkshire Pudding
Cheese and Tomato Quiche
Quorn Burger
Chocolate Concrete

WEDNESDAY

Chicken in a Lemon Sauce
Hot Beef Baguettes
Lentil and Vegetable Cottage Pie
Vegetable Risotto
Jam Sponge

THURSDAY

Chicken Burger
Tuna Pasta Bake
Glamorgan Sausages
Sweet and Sour Quorn
Apple Crumble

FRIDAY

Fish and Chips
Savoury Mince and Yorkshire Pudding
Macaroni Cheese
Vegetable Burger
Lemon Cake

WEEK 4

MONDAY

Fish Cakes
Pasta Bake with Meat Balls
Vegetable Meat Ball Pasta Bake
Quorn Fillet
Lemon Sponge

TUESDAY

Chicken Kebab served with a Flat Bread
Spaghetti Bolognese
Quorn Sausage
Cheese and Potato Pie
Rice Pudding

WEDNESDAY

Chicken and Leek Pie
Spaghetti Bolognese
Spicy Bean Burger
Stuffed Potato Skins
Apple Crumble

THURSDAY

Sweet and Sour Pork with Rice
Bratwurst with Home-made Curry Sauce
Mediterranean Pasta
Sweet Potato Falatatas
Banana Sponge

FRIDAY

Lasagne and Garlic Bread
Sausage Rolls
Sweet Potato Chick Pea Curry
Risotto
Apple Drizzle Cake

