

	MENU A			
2023	January 1 - 4	July 1 - 4		
	March 1 - 5	September 1 - 4		
	May 1 - 5	November 1 - 5		
Week 1	Mains	Vegetables	Starches	Vegetarian
Mon	Mexican Beef Chilli		Patatas Bravas	Chilli Con Bean
Tue	Roast Breast of Chicken	Root Vegetables	Roast Potato	Roast Vegetables in Gravy
Wed	Lamb & Sweet Potato Curry		Basmati Rice	Sweet Potato Curry
Thurs	Sausage & Potato Hash with Gravy (G)	Mixed Greens		Pepper & Potato Hash
Fri	Chicken and Mushroom Casserole		Champ Mash	Mushroom Casserole
Week 2	Mains	Vegetables	Starches	Vegetarian
Mon	Chicken & Chickpea Stew		Fusilli Pasta	Chickpea Stew
Tue	Baked Fishcakes (G)	Garden Peas	Creamed Potato	Vegetable Burger (G)
Wed	Beef & Pepper Ragu		Savoury Rice	Mixed Pepper Ragu
Thurs	Chicken & Sweetcorn Pasta Bake (G)	Peas & Carrots		Broccoli & Asparagus Pasta Bake (G)
Fri	Pork and Spinach Casserole		Roast Potato	Spinach Casserole
Week 3	Mains	Vegetables	Starches	Vegetarian
Mon	Chicken Alfredo (D)		Penne Pasta	Mushroom Alfredo
Tue	Lamb & Lentil Hotpot	Broccoli		Asparagus & Lentil Hotpot
Wed	Beef & Spring Onion Chop Suey (S)		Boiled Rice	Bean & Spring Onion Chop Suey
Thurs	Chicken Biryani	Mixed Vegetables		Vegetable Biryani
Fri	Bacon & Cabbage Casserole		Champ Mash	Cabbage & Chickpea Casserole
Week 4	Mains	Vegetables	Starches	Vegetarian
Mon	Chicken Korma		Coconut Rice	Vegetable Korma
Tue	Baked Fishcakes (G)	Garden Peas	Creamed Potato	Vegetable Burger (G)
Wed	Beef & Green Pepper Sauce		Penne Pasta	Mushroom & Green Pepper Sauce
Thurs	Chicken Chilli Hot Pot	Carrot & Turnip		Chilli Bean Hot Pot
Fri	Sausages in Vegetable Gravy (G)		Bubble & Squeak	Carrot & Courgette in Gravy
Week 5	Mains	Vegetables	Starches	Vegetarian
Mon	Curried Beef Mince & Vegetables		Fusilli Pasta	Curried Vegetables
Tue	Roast Loin of Pork in Gravy	Sweetcorn	Sliced Potato	Roast Sweet Peppers in Gravy
Wed	Chicken & Broccoli Casserole		Boiled Rice	Leek & Broccoli Casserole
Thurs	Cottage Pie (D)	Mixed Greens		French Bean & Asparagus Pie
Fri	Beef & Mushroom Stew		Creamed Potato	Mushroom Stew
	D = Dairy			
	G = Gluten			
	S = Soya			

MENU B				
2023	February 1 - 4	August 1 - 5		
	April 1 - 4	October 1 - 4		
	June 1 - 4	December 1 - 4		
Week 1	Mains	Vegetables	Starches	Vegetarian
Mon	Thai Green Chicken Curry		Penne Pasta	Thai Green Pepper Curry
Tue	Roast Turkey in Gravy	Cabbage	Champ Mash	Roast Celeriac in Gravy
Wed	Beef Stroganoff		Boiled Rice	Mushroom Stroganoff
Thurs	Savoury Mince & Veg Hot Pot	Mixed Greens		Bean & Vegetable Hotpot
Fri	Chicken Arabiatta		Roast Potato	Chickpea Arabiatta
Week 2	Mains	Vegetables	Starches	Vegetarian
Mon	Sweet & Sour Chicken		Boiled Rice	Sweet & Sour Peppers
Tue	Baked Fish Cake (G)	Garden Peas	Creamed Potato	Vegetable Burgers (G)
Wed	Beef Bourguignon		Fusilli Pasta	Mushroom Bourguignon
Thurs	Chicken & Broccoli Pasta Bake (G)	Sweetcorn		Broccoli & Onion Pasta Bake (G)
Fri	Mince Lamb Balti		Bombay Potato	Roast Aubergine Balti
Week 3	Mains	Vegetables	Starches	Vegetarian
Mon	Chicken Madras		Penne Pasta	Vegetable Madras
Tue	Beef & Pepper Hot Pot	Carrot & Turnip		Pepper & Mushroom Hot Pot
Wed	Sausage & Vegetable Casserole (G)		Roast Potato	Leek & Tomato Casserole
Thurs	Cottage Pie (D)	Peas & Sweetcorn		Chickpea Pie
Fri	Cuban Mince Beef Picadillo		Savoury Rice	Cuban Vegetable Picadillo
Week 4	Mains	Vegetables	Starches	Vegetarian
Mon	Chicken Teriyaki (S)		Fusilli Pasta	Celeriac Teriyaki
Tue	Baked Fish Cake (G)	Garden Peas	Creamed Potato	Vegetable Burgers (G)
Wed	Minced Beef & Vegetable Tagine		Cous Cous	Carrot & Courgette Tagine
Thurs	Chicken & Mushroom Pasta Bake (G)	Mixed Greens		Mushroom Pasta Bake (G)
Fri	Pork & Sweetcorn Casserole		Sliced Potato	Sweetcorn Casserole
Week 5	Mains	Vegetables	Starches	Vegetarian
Mon	Yellow Chicken Curry		Bombay Potato	Yellow Pepper Curry
Tue	Roast Loin of Bacon	Broccoli	Parsley Mash	Ratatouille
Wed	Lamb & Vegetable Stew		Boiled Rice	Chick Pea Stew
Thurs	Chicken and Leek Hotpot	Carrot & Turnip		Leek and Mushroom Hotpot
Fri	Italian Beef Casserole		Roast Potato	Italian Vegetable Casserole