

The Fast Supper

Week 1 18/04/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course		Spanish style chicken stew	Roasted Pork Shoulder	Beef Madras Curry with Mango Chutney	Breaded Cod fillet Fish cakes Fish fingers
Vegetarian		Vegetable stew	Mushroom & Stilton Quiche	Spicy Red lentil and spinach curry	Vegetables and Feta Cheese Slice
Sides		Buttered New Potatoes, Green Beans	Roasted Potatoes, Sautéed Courgettes	Fragrant Basmati Rice Spicy Potatoes, Carrots & Sweetcorn	Baked Beans Green Peas
Dessert		Peach Melba Crumble with Custard	Lemon Sponge Cake and Custard	Mixed Berries Cheese cake	Double Chocolate Sponge & Chocolate Sauce



The Fast Supper

Week 1 24/04/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Chinese style chicken stir fry	Rich Beef Lasagne with a Cheddar Topping	Gammon Steaks	Mild Chicken Jalfrezi Curry with Mango Chutney	Breaded Cod fillet Fish cakes Fish fingers
Vegetarian	Stuffed Field Mushroom with Spinach and Cheddar	Stuffed Peppers with cous cous and feta	Roasted Butternut Squash & Sage Risotto	Vegetarian Chilli con carne	Vegetables and Feta Cheese Slice
Sides	Rice, Sautéed Courgettes	Garlic Bread Slice, Green Peas	Rosemary Roasted Potatoes, Carrots & Broccoli	Turmeric Rice, Green Beans	Baked Beans Green Peas
Dessert	Vanilla Sponge Cake with Custard	Banana Sponge with toffee sauce	Apple & Blackcurrant Crumble with Custard	Pineapple Upside Down with Custard	Double Chocolate Sponge & Chocolate Sauce



The Fast Supper

Week 1 01/05/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course		Beef & Vegetables Stir fry on a Black Bean Sauce	Lemon & thyme Roasted Chicken Legs	Aromatic Lamb Tagine Curry and Naan Bread	Breaded Cod fillet Fish cakes Fish fingers
Vegetarian		Sweet Chilli and Vegetables Noodles Stir Fry	Mediterranean Vegetable Lasagne	Green Thai Vegetable Curry *D E	Vegetables and Feta Cheese Slice
Sides		Steamed Rice Parsley Carrots	Roasted Potatoes Cauliflower & Carrots	Lime & Coriander Rice Sautéed Courgettes	Baked Beans Green Peas
Dessert		Apple pie with Custard	Treacle Sponge Cake with Custard	Mixed Fruit Eton Mess	Double Chocolate Sponge & Chocolate Sauce

