

innovate
my goodness!

WHAT'S FOR LUNCH THIS WEEK?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef Bolognese served with Spaghetti	BBQ braised Pork shoulder	Roast Turkey with Stuffing & gravy	Fragrant Moroccan Lamb stew	Battered Cod
VEGETARIAN MEAL	Vegetarian Bolognese served with Spaghetti	BBQ Quorn hot pot	Oven-baked Vegetarian sausages with gravy	Fragrant Moroccan Vegetable stew	Vegetarian Nuggets
CARBS	Garlic Bread	Spicy Wedges	Roast Potatoes	Fruited & spiced Cous Cous	Chips
VEG	Mixed Leaf Salad with Cherry Tomato & Balsamic	Fresh Raw Slaw & Corn on the Cob	Fresh steamed Broccoli & Carrots	Flatbreads & spicy Harissa dip	Peas or Baked Beans
DESSERT	Fruity Italian trifle	Coconut sponge with toffee sauce	Lemon Cake with Natural Yogurt	Mixed Fruit Crumble with Custard	Chocolate cake with Carmel custard



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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef Chilli with Chick Peas & Kidney Beans	Pork Sausage, Beans & Tomato Sauce Casserole	Home Baked Honey & Mustard Gammon	Mild & Creamy Chicken Korma	Battered Cod
VEGETARIAN MEAL	Vegetable Chilli with Chick Peas & Kidney Beans	Vegetarian Sausage, Beans & Tomato Sauce Casserole	Macaroni Cheese with crispy crumbed topping	Chick Pea & Vegetable Curry	Vegetarian Nuggets
CARBS	Nacho Crisps & Rice	Creamy Mash Potato	Rosemary Roast Potatoes	Tumeric Rice, Onion Bhaji & Naan Bread	Chips
VEG	Seasonal Garden Salad & Sour Cream	Garden Peas	Carrot & Swede Mash with steamed broccoli	Raita & Mango chutney	Peas or Baked Beans
DESSERT	Lemon cakes with pouring cream	Strawberry Cake with Custard	Oaty Apple Crumble with Custard	Mixed Berry Eton Mess	Chocolate Crispy Cake



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WHAT'S FOR LUNCH THIS WEEK?

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef and root vegetable pie with golden pastry	Traditional Pork Sausage with Gravy	Thyme Roast Chicken with gravy	Tender Lamb Rogan Josh	Battered Cod
VEGETARIAN MEAL	Root vegetable pie with golden pastry	Vegetarian Sausage with Gravy	Vegetarian pastry parcel with gravy	Lentil & Vegetable Curry	Goats Cheese & Thyme Risotto
CARBS	New potatoes	Creamy Mash Potato	Roast Potatoes	Coconut Rice, Onion Bhaji & Naan Bread	Chips
VEG	Honey roasted carrots	Garden Peas	Trio of Fresh Steamed Vegetables	Raita & Mango chutney	Peas or Baked Beans
DESSERT	Fruit salad & whipped vanilla cream	Chocolate Cheesecake	Oaty Apricot Slice & Custard	Vanilla & Lime Cheesecake	Brownie style chocolate cake with Custard

