



### Week 1

Day	Lunch					
Mon	Chicken and Leek Pie or Quorn and Leek Pie With Puff Pastry, Topper Mashed Potato Peas and Corn					
	1, 2, 4, 7 Blueberry Ripple Cake	1, 2, 4, 7				
Tue	Thai Coconut Fish Curry or Thai Coconut Lentil and Chickpea Balls Curry With Fragrant Rice, Bamboo and Water Chestnuts, Broccoli, Cauliflower, Green Beans and Baby Corn					
	2, 4, 5, 7 Red Velvet Cookies	2, 4, 7				
Wed	Lamb and Mint Cobbler or Pearl Barley and Pumpkin Cobbler With Herby Parmentier Potato and Seasonal Vegetables  2, 4  Homemade Swiss Roll  2, 4					
Thu	Sage and Onion Pork Balls or Cheesy Veggie Balls with Aduki Beans Rich Tomato Sauce With Penne Pasta With Fresh Vegetables and Chunky Bread  1, 2, 14 Fruits of the Forest Jelly – Fruits of the Forest Yogurt 1, 2, 7					
Fri	Beef Chilli or Lentil and Bean Chilli Tortilla Crisps and Brown and White Rice With Broccoli, Cauliflower, Green Beans and Peas					
	2, 7 Mint Marble Shortbread	2, 7				





# Week 2

Day		Lunch			
Mon		ned Fish <b>or</b> Courgette, Pepper and Butter In a Sweet Potato and Tomato Sauce Croutons, Crinkle Cut Wedges Peas and Blackcurrant Yogurt			
Tue	With Dressed 2, 4, 14	Beef Bolognese or Quorn Bolognese Spaghetti Pasta, Garlic Focaccia and Fre Sticky Ginger Squares	sh Vegetables, 2, 4, 14		
Wed	Turkey and Cranberry Meatloaf <b>or</b> Veggie Meatloaf with Cranberries With Roast Potatoes, Seasonal Vegetables and a Homemade Sweet Potato Gravy  1, 2, 7, 14  Raspberry Shortbread Fingers  1, 2, 7, 14				
Thu	Lamb Curry <b>or</b> Gluten Free Lentil Curry With Butternut Squash and Baby Spinach And Rice, Cauliflower, Broccoli, Baby Corn and Fine Green Beans  2, 7, 14  Apple Crumbe Pot  2, 7, 14				
Fri	Roast Pork <b>or</b> Beetroot, Courgette and Split Pea Fillets With Sauté Potatoes or Hassle Backs Carrots, Broccoli, Cauliflower, Green Beans, Peas and a Homemade Gra  1, 2, 4, 14 Light Fruit Cake 1, 2, 4,				



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# SLICE OF PIE

### Week 3

	Lunch				
Gree 1, 2, 7, 14	ek-Style Lamb Stew <b>or</b> Greek-Style Lentil Stew With Feta and Mint And Cous Cous and Seasonal Vegetables Cranberry Jewel	1, 2, 7, 14			
Chicken and Lentil Curry <b>or</b> Black Turtle Bean and Lentil Curry With Pepper and Fresh Coriander Yellow and White Rice, Baby Corn, Broccoli, Cauliflower, Peas and Spinach  2, 7, 14 Raspberry Panna Cotta – Raspberry Yogurt  2, 7					
Beef with Peppers and Bok Choy or Roasted Sweet Potatoes and Black-Eyed Beans With Chop Suey Noodles, Broccoli, Cauliflower, Green Beans and Carrots  1, 2, 4, Chocolate Orange Loaf 1, 2, 7					
1, 2, 7, 14	Creamy Garlic and Turkey Stroganoff or reamy Garlic Courgette and Cannellini Beans With Penne Pasta, Peas and Corn  Blackberry Jelly – Blackberry Yogurt	1, 2, 7			
		es 1, 2, 7			
	1, 2, 7, 14  Chicken at Yellow and White 2, 7, 14  With Chop Sue 1, 2, 4,  Ci 1, 2, 7, 14	Greek-Style Lamb Stew or Greek-Style Lentil Stew With Feta and Mint And Cous Cous and Seasonal Vegetables  1, 2, 7, 14 Cranberry Jewel  Chicken and Lentil Curry or Black Turtle Bean and Lentil With Pepper and Fresh Coriander Yellow and White Rice, Baby Corn, Broccoli, Cauliflower, Peas  2, 7, 14 Raspberry Panna Cotta – Raspberry Yogurt  Beef with Peppers and Bok Choy or Roasted Sweet Potatoes and Black-Eyed Beans With Chop Suey Noodles, Broccoli, Cauliflower, Green Beans at 1, 2, 4, Chocolate Orange Loaf  Creamy Garlic and Turkey Stroganoff or Creamy Garlic Courgette and Cannellini Beans With Penne Pasta, Peas and Corn  1, 2, 7, 14 Blackberry Jelly – Blackberry Yogurt  FRIDAY FAVOURITE Breaded Fish or Breaded Quorn And Mashed Potato With Homemade Baked Beans with Hidden Vegetable			



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# Week 4

Day		Lunch			
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Mon	Cuban Beef or Cuban Beans and Quinoa With Peppers and Rice And Peas, Crinkle Cut Carrots, Broccoli, Cauliflower, Sweetcorn				
	1, 2, 4	Rhubarb Crumble Cake	1, 2, 4		
Tue	Poached Gammon or Beetroot, Courgette and Split Pea Fillets With Parsley Potatoes, Seasonal Vegetables and a Homemade Gravy				
	1, 2, 4, 7, 14	Spiced Pumpkin Cookie	1, 2, 4, 7		
Wed	Moroccan Chicken or Moroccan Peppers, Pumpkin and Gluten Free Lentils In a Sweet Potato Sauce Finished with Lemon Zest and Coriander With Cous Cous, Broccoli, Cauliflower, Green Beans and Carrots				
	2, 7	Black Cherry Yogurt	2, 7		
Thu	Fish in a Creamy Parmesan and Parsley Sauce or Quorn in a Creamy (Vegetarian) Parmesan and Parsley Sauce in a Creamy With Penne Pasta, Peas and Corn				
	1, 2, 4, 5, 7, 14	Fruit Pastry Slice	1, 2, 4, 7, 14		
Fri	Chunky Beef Stew With Herby Dumplings or Chunky Roasted Root Vegetable and Cannellini Bean Stew With Herby Dumplings With Potatoes and Seasonal Vegetables				
	1, 2, 4, 7, 14	Banana and Coconut Biscuits	1, 2, 4, 7, 14		