

# Week One

29/04, 20/05, 17/06, 08/07, 02/09, 23/09, 14/10

<b>Monday</b> <b>Mediterranean</b>	<b>Tuesday</b> <b>Mexican</b>	<b>Wednesday</b> <b>British</b>	<b>Thursday</b> <b>Indian</b>	<b>Friday</b> <b>British</b>
Chicken Shwarma Flatbread  Lemon & Garlic Broccoli Corn on the Cob Paprika Wedges Carrot & Spring Onion Slaw  Ciabatta Bread	Spanish Beef Hash  Fine Beans Roasted Vegetables Herb Crushed New Potatoes Crunchy Raw Slaw  Garlic & Herb Bread	Roast Pork with Roast Potatoes & Gravy  Stuffing & Apple Sauce Green Beans Carrots & Savoy Cabbage  Bloomer Bread	Chicken Tikka Masala With Basmati Rice  Channa Saag Raitta Dhansak Bombay Potatoes Tomato & Cucumber Salad  Naan Bread	Crispy Battered Fish Fillet Or Jumbo Fish Fingers  Chips Baked Beans or Peas Crunchy Salad  Crusty Bread
Feta & Potato Frittata (V)	Cajun & Vegetable Bean Burrito (V)	Cheese, Tomato & Potato Bake (V)	Chickpea & Cauliflower Jalfrezi (V)	Veg & Bean Quesadilla (V)
<b>Deep South Diner</b>  Quorn Cheese Burger	<b>Speedy Italian</b>  Bacon Mac 'N' Cheese	<b>Wings &amp; Things</b>  Mexican Fajita Chicken Flatbread	<b>Wings &amp; Things</b>  Sticky Marinated Roast Chicken BBQ Drumsticks	<b>Deep South Diner</b>  New York Hot Dog
<b>Speedy Italian</b>  Veggie Supreme Pizza (V)  Veg Bolognese Pasta (V)  Margherita Pizza (V)	<b>Speedy Italian</b>  3 Cheese Sicilian Pizza (V)  Arrabiata Pasta (V)  Margherita Pizza (V)	<b>Speedy Italian</b>  Hawaiian Pizza  Chunky Vegetable Pasta (V)  Margherita Pizza (V)	<b>Speedy Italian</b>  Bacon Pizza  Beef Bolognese  Margherita Pizza (V)	<b>Speedy Italian</b>  Veggie Hot One Pizza (V)  Herby Tomato Pasta (V)  Margherita Pizza (V)
Almond & Orange Cake with Vanilla Ice Cream	Carrot & Banana Slice	Pear Upside Down Cake with Vanilla Custard	Strawberry Cheesecake Pot	Chocolate Sponge Cake With Chocolate Sauce

# Week Two

06/05, 03/06, 24/06, 15/07, 09/09, 30/09, 21/10

<b>Monday</b> <b>British</b>	<b>Tuesday</b> <b>Chinese</b>	<b>Wednesday</b> <b>British</b>	<b>Thursday</b> <b>Mediterranean</b>	<b>Friday</b> <b>British</b>
<p>Chicken, Chive &amp; Mushroom Pie</p> <p>Cauliflower Green Beans New Potatoes with Parsley Butter</p> <p>Bloomer Bread</p>	<p>Chinese Kickin Chicken with Beggars Noodles</p> <p>Wok Tossed Oriental Veg Chop Chop Salad Wholegrain Rice</p> <p>Garlic &amp; Herb Bread</p>	<p>Roast Beef with Roast Potatoes &amp; Gravy</p> <p>Yorkshire Pudding Carrots &amp; Spring Greens Garden Peas</p> <p>Crown Loaf</p>	<p>Italian Beef Lasagne</p> <p>Green Beans Broccoli Cajun Wedges Corn Slaw</p> <p>Ciabatta Bread</p>	<p>Crispy Battered Fish Fillet Or Jumbo Fish Fingers</p> <p>Chips Baked Beans or Peas Crunchy Salad</p> <p>Crusty Bread</p>
<p>Macaroni Triple Cheese with Crispy Topping (V)</p>	<p>Ni Hao Quorn (V)</p>	<p>Veggie Sausage &amp; Mash (V)</p>	<p>Penne Tomato Pasta Bake (V)</p>	<p>Quorn Sausage Pattie &amp; Cheese Bun (V)</p>
<p><b>Wings &amp; Things</b></p> <p>Lemon Piri Chicken Pitta</p>	<p><b>Deep South Diner</b></p> <p>Marinated Chicken Wrap</p>	<p><b>Speedy Italian</b></p> <p>Vegetable Lasagne (V)</p>	<p><b>Deep South Diner</b></p> <p>Beef Burger</p>	<p><b>Deep South Diner</b></p> <p>Creamy Fish Pasta Bake (V)</p>
<p><b>Speedy Italian</b></p> <p>Veggie Hot One (V)</p> <p>Arrabiata Pasta (V)</p> <p>Margherita Pizza (V)</p>	<p><b>Speedy Italian</b></p> <p>Cajun Chicken Sizzler Pizza</p> <p>Herby Tomato Pasta (V)</p> <p>Margherita Pizza (V)</p>	<p><b>Speedy Italian</b></p> <p>Veggie Supreme Pizza (V)</p> <p>BBQ Chicken Pasta</p> <p>Margherita Pizza (V)</p>	<p><b>Speedy Italian</b></p> <p>Bacon Pizza</p> <p>Beef Bolognese</p> <p>Margherita Pizza (V)</p>	<p><b>Speedy Italian</b></p> <p>Sicilian Cheese &amp; Tomato Pizza (V)</p> <p>Italian Chicken Pasta</p> <p>Margherita Pizza (V)</p>
<p>Ginger Cake with Vanilla Custard</p>	<p>Rice &amp; Berry Conde with Jelly</p>	<p>Strawberry Swirl Sponge With Custard</p>	<p>Banoffee Pie</p>	<p>Summer Fruit Slice with Ice Cream</p>

# Week Three

13/05, 10/06, 01/07, 22/07, 16/09, 07/10

## Monday Chinese

## Tuesday Mediterranean

## Wednesday British

## Thursday Caribbean

## Friday British

Aromatic Soy Pork  
with  
Egg Noodles

Chicken Gyros

Roast Turkey  
with  
Roast Potatoes & Gravy

Trinidad Chicken Rice

Crispy Battered Fish Fillet  
Or  
Jumbo Fish Fingers

Lime & Coriander Rice  
Stir- Fry Greens  
Lemon & Garlic Broccoli  
Five Spiced Potatoes

Mediterranean Broccoli  
& Peppers  
House Slaw  
Layered Potato Bake  
Greek Salad

Sage & Onion Stuffing  
Carrots & Cauliflower  
Green Beans  
Garden Salad

Orange & Cumin Roasted  
Carrots  
Corn on the Cob  
Paprika Wedges  
Reggae Slaw

Chips  
Baked Beans or Peas  
Crunchy Salad

Ciabatta Bread

Garlic & Herb Bread

Crown Loaf

Focaccia Bread

Crusty Bread

Vegetable Chilli  
(V)

Cheese, Tomato & Potato Bake  
(V)

Vegetable Moussaka  
(V)

Smoky Cauliflower Cheese  
(V)

Roasted Vegetable  
Calzone (V)

## Wings & Things

## Deep South Diner

## Speedy Italian

## Wings & Things

## Deep South Diner

Sticky Sweet Chilli  
Marinated Chicken Thigh

Falafel in warm Lebanese Bread

Vegeball Carbonara

Chicken Mayo Burger

Smoky Chicken Wrap

## Speedy Italian

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Veggie Hot One (V)

3 Cheese Sicilian Pizza (V)

Mushroom & Sweetcorn  
Pizza (V)

Sicilian Cheese & Tomato  
Pizza (V)

Chicken Supreme Pizza

Cheesy Penne Pasta (V)

Neapolitan Beany Pasta (V)

Herby Tomato Pasta (V)

Carbonara Pasta

Beef Bolognaise

Margherita Pizza (V)

Margherita Pizza (V)

Margherita Pizza (V)

Margherita Pizza (V)

Margherita Pizza (V)

Strawberry & Pear Strudel  
with  
Custard

Zesty Carrot Cake  
with  
Ice Cream

Apple & Blackberry Pie  
with  
Custard

Berry Jelly Chill

Warm Chocolate Brownie  
With  
Chocolate Sauce