

## WEEKLY MENU

- Dietary Requirements Available
- Advanced Menu Plans
- Freshly Prepared Everyday





# Lunch & Dessert Menu WEEK 1

## Monday

### Lunch

Butchers pork sausage in gravy  
sw/ broccoli & potato  
or

Vegetarian sausage in gravy  
sw/ broccoli & potato

### Dessert

Upside down cheesecake w/ biscuit  
crumb topping

## Tuesday

### Lunch

Mediterranean ratatouille pasta  
in a smooth ragout sauce

### Dessert

Natural yoghurt  
w/ morello cherry compote

## Wednesday

### Lunch

Mexican lamb chilli con carne  
sw/ basmati rice  
or

Mexican bean chilli con carne  
sw/ basmati rice

### Dessert

Orange jelly w/  
orange segments

## Thursday

### Lunch

Roasted chicken breast  
sw/ mixed vegetables & herby baby potatoes  
or

Seasoned vegetable nuggets  
sw/ mixed vegetables & herby baby potatoes

### Dessert

Creamy rice pudding  
w/ a blueberry coulis

## Friday

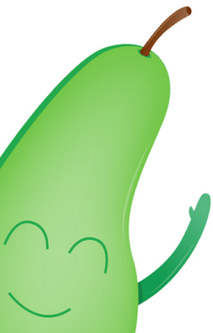
### Lunch

Tuna & tomato pasta bake  
w/ garden peas & sweetcorn  
or

Mushroom & tomato pasta bake  
w/ garden peas & sweetcorn

### Dessert

100% Fresh seasonal fruit  
salad





# Lunch & Dessert Menu WEEK 2

## Monday

### Lunch

Inspired Jamaican jerk chicken curry  
sw/ rice & peas  
or  
Jamaican sweet potato & bean curry  
sw/ rice & peas

### Dessert

Whipped banana delight

## Tuesday

### Lunch

Breaded MSC Alaska fish fingers  
sw/ potatoes & sweetcorn  
or  
Breaded vegetable fingers  
sw/ potatoes & sweetcorn

### Dessert

Homemade oat, cranberry & raisin flapjack

## Wednesday

### Lunch

Spiced lentil hotpot  
sw/ green beans

### Dessert

Natural yoghurt  
w/ smooth mango

## Thursday

### Lunch

Italian chicken & penne  
in a fresh hidden vegetable arrabbiata sauce  
or  
Italian seasoned mixed beans & penne  
in a fresh hidden vegetable arrabbiata sauce

### Dessert

100% Fresh seasonal fruit salad

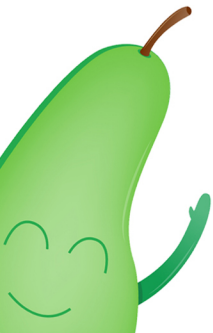
## Friday

### Lunch

Classic turkey slices in gravy  
sw/ mixed vegetables & fluffy Yorkshire puddings  
or  
Vegetarian sausage in gravy  
sw/ mixed vegetables & fluffy Yorkshire puddings

### Dessert

Winter warming carrot  
& ginger cake





# Lunch & Dessert Menu WEEK 3

## Monday

Lunch  
Infused Thai chicken curry  
sw/ basmati rice  
or  
Cauliflower & vegetable Thai curry  
sw/ basmati rice

Dessert  
Fruity petit filous

## Tuesday

Lunch  
Tomato & basil pasta al forno  
w/ broccoli & sweetcorn

Dessert  
Whipped strawberry mousse

## Wednesday

Lunch  
Gourmet cod fish fillet  
sw/ baby potatoes & minted peas  
or  
Seasoned vegetable nuggets  
sw/ baby potatoes & minted peas

Dessert  
Natural yoghurt w/ mixed berries

## Thursday

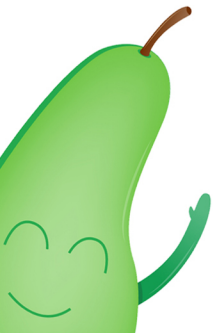
Lunch  
Hearty pork sausage & bean casserole  
or  
Baked three bean casserole

Dessert  
Selection of fresh melons

## Friday

Lunch  
Tex-mex chicken fajita mix  
sw/ soft tortilla wraps  
or  
Tex-mex mixed bean fajita mix  
sw/ soft tortilla wraps

Dessert  
Homemade zesty lemon  
sponge cake





## Lunch & Dessert Menu WEEK 4

### Monday

#### Lunch

MSC Salmon fish cake & creamy bechamel potatoes  
sw/ broccoli & garden peas

or

Mushroom & tomato casserole  
w/ a breadcrumb topping

#### Dessert

Raspberry jelly w/ mixed berries

### Tuesday

#### Lunch

Country beef stew w/ root vegetables  
& chunky potatoes

or

Lentil stew w/ root vegetables & chunky potatoes

#### Dessert

Spiced cinnamon  
rice pudding

### Wednesday

#### Lunch

Indian chickpea & courgette curry  
sw/ traditional chapati

#### Dessert

Homemade banana & raisin cake

### Thursday

#### Lunch

Seasoned turkey meatballs  
in a rich marinara sauce sw/ spaghetti  
or

Vegetarian meatballs  
in a rich marinara sauce sw/ spaghetti

#### Dessert

Natural yoghurt w/ strawberry coulis

### Friday

#### Lunch

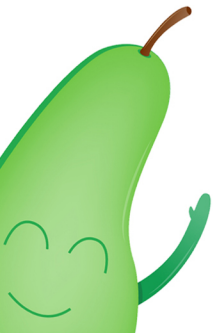
Chicken in a Japanese katsu curry sauce  
sw/ basmati rice

or

Aubergine in a Japanese katsu curry sauce  
sw/ basmati rice

#### Dessert

Peaches & pineapples





# Afternoon Tea Menu WEEK 1

## Monday

Afternoon Tea  
Spaghetti on toast

## Tuesday

Afternoon Tea  
Tomato soup  
sw/ bread

## Wednesday

Afternoon Tea  
Cream cheese sandwich  
sw/ cucumber & raisin

## Thursday

Afternoon Tea  
Spanish vegan paella

## Friday

Afternoon Tea  
Turkish kisir couscous  
& quinoa salad





# Afternoon Tea Menu WEEK 2

## Monday

Afternoon Tea  
Broccoli, pea & mint soup  
sw/ bread

## Tuesday

Afternoon Tea  
Chicken sandwich  
or  
Cream cheese sandwich

## Wednesday

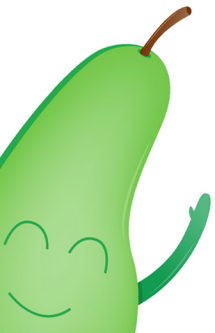
Afternoon Tea  
Baked beans on toast

## Thursday

Afternoon Tea  
Ham sandwich sw/ cucumber  
or  
Cheese sandwich sw/ cucumber

## Friday

Afternoon Tea  
Mexican bean pasta





# Afternoon Tea Menu WEEK 3

## Monday

Afternoon Tea  
Sweet potato & red lentil soup sw/ bread

## Tuesday

Afternoon Tea  
Spaghetti on toast

## Wednesday

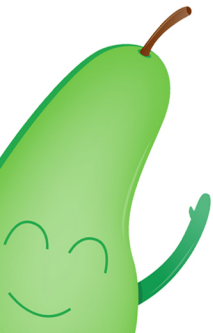
Afternoon Tea  
Mediterranean pasta salad  
w/ lemon dressing

## Thursday

Afternoon Tea  
Vegetable chow mein

## Friday

Afternoon Tea  
Tuna mayo & sweetcorn sandwich w/ lettuce  
or  
Cucumber & mayo sandwich w/ lettuce







# Afternoon Tea Menu WEEK 4

## Monday

Afternoon Tea  
Baked beans on toast

## Tuesday

Afternoon Tea  
Ham sandwich w/ cucumber  
or  
Cheese sandwich w/ cucumber

## Wednesday

Afternoon Tea  
Veggie carbonara pasta

## Thursday

Afternoon Tea  
Cauliflower, potato & leek soup

## Friday

Afternoon Tea  
Chicken sandwich sw/ carrot  
or  
Cheese sandwich sw/ carrot

