

Week One

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

Monday Mediterranean	Tuesday Mexican	Wednesday British	Thursday Indian	Friday British
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)
Deep South Diner Quorn Cheese Burger	Speedy Italian Bacon Mac 'N' Cheese	Wings & Things Mexican Fajita Chicken Flatbread	Wings & Things Sticky Marinated Roast Chicken BBQ Drumsticks	Deep South Diner New York Hot Dog
Speedy Italian Veggie Supreme Pizza (V) Veg Bolognese Pasta (V) Margherita Pizza (V)	Speedy Italian 3 Cheese Sicilian Pizza (V) Arrabiata Pasta (V) Margherita Pizza (V)	Speedy Italian Hawaiian Pizza Chunky Vegetable Pasta (V) Margherita Pizza (V)	Speedy Italian Bacon Pizza Beef Bolognese Margherita Pizza (V)	Speedy Italian 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

Monday British	Tuesday Chinese	Wednesday British	Thursday Mediterranean	Friday British
<p>Chicken, Chive & 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 & Herb Bread</p>	<p>Roast Beef with Roast Potatoes & Gravy</p> <p>Yorkshire Pudding Carrots & 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 & Mash (V)</p>	<p>Penne Tomato Pasta Bake (V)</p>	<p>Quorn Sausage Pattie & Cheese Bun (V)</p>
<p>Wings & Things</p> <p>Lemon Piri Chicken Pitta</p>	<p>Deep South Diner</p> <p>Marinated Chicken Wrap</p>	<p>Speedy Italian</p> <p>Vegetable Lasagne (V)</p>	<p>Deep South Diner</p> <p>Beef Burger</p>	<p>Deep South Diner</p> <p>Creamy Fish Pasta Bake (V)</p>
<p>Speedy Italian</p> <p>Veggie Hot One (V)</p> <p>Arrabiata Pasta (V)</p> <p>Margherita Pizza (V)</p>	<p>Speedy Italian</p> <p>Cajun Chicken Sizzler Pizza</p> <p>Herby Tomato Pasta (V)</p> <p>Margherita Pizza (V)</p>	<p>Speedy Italian</p> <p>Veggie Supreme Pizza (V)</p> <p>BBQ Chicken Pasta</p> <p>Margherita Pizza (V)</p>	<p>Speedy Italian</p> <p>Bacon Pizza</p> <p>Beef Bolognese</p> <p>Margherita Pizza (V)</p>	<p>Speedy Italian</p> <p>Sicilian Cheese & Tomato Pizza (V)</p> <p>Italian Chicken Pasta</p> <p>Margherita Pizza (V)</p>
<p>Ginger Cake with Vanilla Custard</p>	<p>Rice & 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

Speedy Italian

Speedy Italian

Speedy Italian

Speedy Italian

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)

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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