

<b><u>Week 1</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Main meal</u></b>	Beef Chilli Con Carne & Rice	Cajun Chicken Served with pasta spirals	Roast beef served with roast or mashed potato	Moussaka served with tomato and herb baked bread.	Oven baked battered cod portion with chips or plain jacket wedges.
<b><u>Vegetarian</u></b>	Fresh Vegetable Mornay Bake & Champ Mash Potato	Chickpea aloo ghoobi served with pilau rice	Roasted Vegetable toad in the hole served with roast or mash potatoes	Vegetable Curry with Herb Baked Potato Wedges	Quorn stir fry with chips or plain jacket wedges
<b><u>Vegetable/Salad accompaniments</u></b>	Golden Sweet corn & Green Beans or Seasonal Salad	Baked Beans & Peas or Seasonal Salad	Broccoli Florets & Fresh Cabbage or Seasonal Salad	Sliced Fresh Carrots & Mixed Vegetables or Seasonal Salad	Garden Peas & diced carrots or Seasonal Salad
<b><u>Hot Desserts</u></b>	Dorset apple cake with warm vanilla sauce or Fresh Fruit Salad	Apricot sponge or Fresh Fruit Salad	Date & ginger pudding with custard or Fresh Fruit Salad	Chocolate cake with a difference or Fresh Fruit Salad	Toffee Apple Oat crumble with custard or Fresh Fruit Salad
<b><u>Grab and Go</u></b>	Pizza Selection, Pasta offer wholemeal	Chicken Joes, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)	Chicken Joes, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)
	Sweet Potato & Lentil Curry & Pilau Rice	Beef cobbler & Mash potato	Oriental Turkey Stir Fry & Egg Noodles	Vegetable Lasagne & Garlic Bread Slice	Chicken Pie with Mashed Potatoes
	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread
	Range of sandwiches and salads	Range of sandwiches and salads	Range of sandwiches and salads	Range of sandwiches and salads	Range of sandwiches and salads
<b><u>Additional Desserts/drinks</u></b>	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks
	Cakes and biscuits or a choice from our seasonal fruit bowl	Cakes and biscuits or a choice from our seasonal fruit bowl	Cakes and biscuits or a choice from our seasonal fruit bowl	Cakes and biscuits or a choice from our seasonal fruit bowl	Cakes and biscuits or a choice from our seasonal fruit bowl