

# great food

Be inspired for Life

Exercise to keep fit and healthy



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	<p><u>Choice 1</u> Beef bolognaise spaghetti</p> <p><u>Choice 2</u> Quorn mince bolognaise spaghetti</p> <p>Green beans &amp; carrots bread \ salads</p> <p><u>Dessert</u> Fruit salads</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> Cheese &amp; tomato pizza</p> <p><u>Choice 2</u> Chicken mince bolognaise sweetcorn</p> <p>Garlic bread \ salads</p> <p><u>Dessert</u> Rice pudding</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> Roast Chicken Roast potatoes stuffing Carrots &amp; peas</p> <p><u>Choice 2</u> Egg fried rice Bread \ salads</p> <p><u>Dessert</u> Fruit jelly</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> Beef curry madras curry Turmeric Rice Seasonal veg</p> <p><u>Choice 2</u> Vegetables curry Turmeric rice</p> <p><u>Dessert</u> Marble cake &amp; custard</p> <p>Bread \ fresh fruits</p>	<p><u>Choice 1</u> Fish fingers Battered cod fish chips</p> <p><u>Choice 2</u> Cheese &amp; onion &amp; potato pasty Chips</p> <p>Baked beans/Gardens peas Bread \ salads</p> <p><u>Dessert</u> Fruity Friday</p>
Week Two	<p><u>Choice 1</u> Lamb &amp; lentil Casserole Mashed potatoes \ gravy Gardens peas &amp; carrots</p> <p><u>Choice 2</u> Quorn veg casserole Mashed potatoes Bread \ salads</p> <p><u>Dessert</u> Short bread biscuits</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> Jerk chicken Rice &amp; peas Broccoli &amp; carrots</p> <p><u>Choice 2</u> Vegetable pasta Bread salads</p> <p><u>Dessert</u> Peach slices</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> Chicken or lamb burger \ flour baps Potatoes wedges Baked beans</p> <p><u>Choice 2</u> Vegetable burger \ flour baps Potatoes wedges/vegan burger Salads \ flour baps</p> <p><u>Dessert</u> Frozen yogurt</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> Chicken korma curry Steamed rice Broccoli &amp; rice Bread \ salads</p> <p><u>Choice 2</u> Sweet potato &amp; chick pea stew Dessert</p> <p>Lemon drizzle cake &amp; custard</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> Cod fish cake Chips</p> <p><u>Choice 2</u> Onion &amp; mushroom quiche Chips</p> <p>Peas &amp; sweetcorn/ b beans Bread \ salads</p> <p><u>Dessert</u></p>
Week Three	<p><u>Choice 1</u> Minted meatballs lamb tagliatelle Green beans, carrots</p> <p><u>Choice 2</u> Veg pasta carbonara Bread \ salads</p> <p><u>Dessert</u> Fruit salads</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> Chicken in black beans sauce Steamed rice</p> <p><u>Choice 2</u> Quorn in black beans sauce Steamed rice Green salad Bread \ salads</p> <p><u>Dessert</u> Ice cream</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> Roast beef/turkey Roast potatoes stuffing</p> <p>Carrots &amp; peas</p> <p><u>Choice 2</u> Roast Quorn fillets Bread \ salads</p> <p><u>Dessert</u> Savoury Semolina &amp; fruits</p>	<p><u>Choice 1</u> Mediterranean chicken stew Jollof rice Seasonal veg</p> <p><u>Choice 2</u> Root vegetables Jollof rice Bread \ salads</p> <p><u>Dessert</u> Ginger &amp; fruits cake &amp; custard</p>	<p><u>Choice 1</u> Fish fingers/ battered fish Chips</p> <p>Baked beans \ peas</p> <p><u>Choice 2</u> Broccoli &amp; cauliflower bake Chips</p> <p>Bread \ salads</p> <p><u>Dessert</u> Fruity Friday</p>
Week Four	<p><u>Choice 1</u> Chicken sausages Mashed potatoes Garden peas</p> <p><u>Choice 2</u> Vegetable sausages Garden peas Bread \ salads</p> <p><u>Dessert</u> Fruits salads</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> Quorn &amp; lentil stew Steamed rice Mixed vegetables</p> <p><u>Choice 2</u> Jackets potatoes &amp; b beans or cheese Bread \ salads</p> <p><u>Dessert</u> Fruits cookies biscuits</p> <p>Fresh fruits/ fresh</p>	<p><u>Choice 1</u> Roast chicken Roast potatoes Baked beans</p> <p><u>Choice 2</u> tomato pasta bake Bread \ salads /tomato pasta</p> <p><u>Dessert</u> Warm fruit salad</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> CURRY DAY Lamb curry Rice &amp; peas Broccoli &amp; carrots</p> <p><u>Choice 2</u> Sweet potato &amp; kidney beans curry</p> <p><u>Dessert</u> Applet &amp; pineapple crumble &amp; custard</p> <p>Fresh fruits</p>	<p><u>Choice 1</u> Salmon bites /battered cod Chips</p> <p><u>Choice 2</u> Baked beans/ peas Veg spring rolls Bread \ salads</p> <p><u>Dessert</u> Freshay/ milk</p>

All Meat is Halal. No pork products are used in the ingredients. A variety of Salads, Fruit, Fresh Bread, Milk and Water are available daily.