



WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## SOUP

Carrot and ginger

Tomato and basil

Sweetcorn chowder

Pea and mint

Honey roasted parsnip

## MAIN HOT MEAL

Turkey in black beans  
sauce with green pepper  
and onionsMEXICAN Barbacoa  
chicken in a soft tortilla  
with salsa, sour cream and  
guacamolePepperoni, tomato,  
mozzarella, oregano pizzaTraditional roast Norfolk  
turkey, pigs in blanket,  
sage and onion stuffing  
and gravyBreaded fish goujons, ,  
shredded ice lettuce and  
tartare sauce in a bunMEAT FREE  
MAINMEAT FREE Stir-fry  
broccoli and chinese leaf  
with sweet chilli sauceMEAT FREE Roasted  
vegetable chilli a soft  
tortilla with salsa, sour  
cream and guacamoleMEAT FREE Middle  
eastern spiced falafel with  
flatbread and minted  
yoghurtMEAT FREE Vegetarian  
spinach, red onion  
potatoes and cream  
cheese wellingtonMEAT FREE Baked mixed  
bean and squash  
enchiladas topped with  
cheese salsa

## ON THE SIDE

Spiced potato wedges

Cajun potato wedges

Harissa new potatoes

Roasted marie piper  
potatoes

Chunky chips

## ON THE SIDE

Stir-fry vegetables

Lime green rice

Broccoli florets

Sprouts rolled in honey

Garden peas

## ON THE SIDE

Mini spring rolls

El paso slaw

Cauliflower cheese

Carrots and roasted  
parsnips

Cajun roasted vegetables

HOT DELI  
SANDWICH /  
NOODLESPeri Peri spiced chicken  
wingsGrilled lamb kofta and  
labneh dipClassic beef, tomato and  
onion relish burgerItalian lemon , pesto and  
garlic chickenLamb kebab with mint  
sauceSPUDS / PASTA  
BAR

50 / 50 Pasta

Salt rubbed spuds / Sweet  
potatoPasta with simple tomato  
sauceSalt rubbed spuds / Sweet  
potatoPasta with simple tomato  
sauce

Simple tomato sauce

Baked beans

Simple tomato sauce

Baked beans

Simple tomato sauce

Green herb pesto

Grated Cheese

Green herb pesto

Grated Cheese

Green herb pesto

## HOUSE BAKE

Jam and coconut sponge

Carrot &amp; sultana slice

Chocolate cornflake cake

Chocolate roulade with  
fresh cream centre andSticky toffee pudding and  
butterscotch sauce

## YOGHURT

Raspberry yoghurt

Mango yoghurt

Strawberry yoghurt

Apricot yoghurt

Blueberry yoghurt

## FRUIT

Mixed melon pot

Pineapple pot

Watermelon pot

Mixed grape pot

Mixed fruit pot

