



Sample Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meal	Chicken Breast in Tomato and Basil Sauce (GF/DF) or Cauliflower, Spinach & Lentil Curry (VV/GF)	Fish Pie (GF) or Cheese & Onion Quiche (V)	Cottage Pie (GF) or Vegetable Lasagne (V)	BBQ Pulled Pork with Peppers (GF/DF) or Cheese & Onion Pie (V)	Battered Haddock (DF) or Macaroni Cheese (V)	Pork Meatballs in Tomato & Herb Sauce or Vegetarian Tikka Masala (V/GF)	Premium Roast Beef in Gravy (GF/DF) or Tomato, Lentil & Sweet Potato Crumble (VV)
Served with	West Country Cheddar Mash or Vegetable Rice (VV/GV)	Baby Potatoes (VV/GF) or Oven Chips (VV/GF)	Saute Potatoes (VV/GF) or Mashed Swede (VV/GF)	Saute Potatoes (VV/GF) or Baby Potatoes (VV/GF)	Oven Chips (VV/GF) or Croquette Potatoes (VV/GF)	Penne Pasta (VV) or White Rice (VV/GF)	Golden Roasting Potatoes (VV/GF) or Mashed Potato (VV/GF)
Accompanied by	Carrots with parsley Butter (V/GF) & Minted Summer Vegetables (VV/GF)	Baked Beans (VV/GF) & Minted Summer Vegetables (VV/GF)	Mediterranean Veg with Pecorino Cheese & Basil Butter (V/GF) & Peas (VV/GF)	Mixed Vegetables (VV/GF) & Sweetcorn (VV/GF)	Mushy Peas (VV/GF) & Baked Beans (VV/GF)	Vegetable Medley (VV/GF) & Sliced Carrots (VV/GF)	Large Broccoli (VV/GF) & Red Cabbage with Apple and Port (V/GF)
Desserts	Sticky Toffee Pudding (V) or Peach and Raspberry Pie (VV)	Apple Crumble (VV) or Jamaican Ginger Pudding with Orange Sauce (V)	Ready to Bake Vanilla Cheesecake (V) or Pineapple Sponge (V/GF)	Lemon Flavour Sponge (V/DF) or Apricot Crumble (VV)	Chocolate Chip Pudding with Salted Caramel Sauce (V) or Chocolate Eclairs (V)	Summer Fruit Crumble (VV) or Sticky Toffee Pudding (V)	Apple Crumble (VV) or Bakewell Tart (V/DF)

GF: Gluten Free V: Vegetarian VV: Vegan DF: Made without milk

