

# Weekly Menu

Week: 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Pea & ham	Broccoli & stilton	Curried parsnip	Leek & potato	Tomato, lentil & basil
<b>Traditional main meal</b>	Chicken tikka masala served with braised rice, poppadum & mango chutney	Spaghetti bolognaise served with roasted vegetables & potato wedges garlic bread	Roast of the week served with roast potatoes, & carrots, cauliflower	Chicken & leek puff pastry pie served with new potatoes & roasted carrots	Battered fillet of fish served with chunky chips, mushy peas & curry sauce
<b>Healthier option</b>	Chicken tikka masala served with braised rice, Or Soup of the day bought with boxed salad of your choice	Spicy vegetable enchiladas served with salad and salsa Or Soup of the day bought with boxed salad of your choice	Roast of the week served with roast potatoes, & carrots, cauliflower Or Soup of the day bought with boxed salad of your choice	Chicken & leek casserole served with new potatoes & roasted carrots Or Soup of the day bought with boxed salad of your choice	Cajun spicy vegetables In a hot wrap served with parmentier potatoes Or Soup of the day bought with boxed salad of your choice
<b>Vegetarian</b>	Goats cheese and caramelized red onion tart served with a rocket salad and spicy fries	Spicy vegetable enchiladas served with mixed salad, salsa, potato wedges, garlic bread	Asparagus frittata served with roast potatoes & carrots	Roasted vegetable and tomato pasta bake served with garlic bread	Cajun spicy vegetables in a hot wrap served with parmentier potatoes
<b>Jacket potato</b>	Cheddar cheese Tuna mayo Coleslaw Baked beans	Cheddar cheese Tuna mayo Coleslaw Baked beans	Cheddar cheese Tuna mayo Coleslaw Baked beans	Cheddar cheese Tuna mayo Coleslaw Baked beans	Cheddar cheese Tuna mayo Coleslaw Baked beans