

Weekly Menu

Week: 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Spiced parsnip	Carrot & cumin	Chicken, barley & vegetable	Tomato, basil & cannellini bean	Spinach & potato
Traditional main meal	'Stoved' chicken casserole served with 'neeps & taties' new parsley potatoes, swede & carrot mash	Chicken korma served with braised rice, poppadum & mango chutney	Slow cooked beef served with garden peas & new potatoes	Beef meatballs served with spaghetti & salad	Battered fillet of fish served with chips or new potatoes and mushy peas
Healthier option	'Stoved' chicken casserole served with 'neeps & taties' Or Soup of the day bought with boxed salad of your choice	Chicken korma served with braised rice, poppadum & mango chutney Or Soup of the day bought with boxed salad of your choice	Slow cooked beef served with garden peas & new potatoes Or Soup of the day bought with boxed salad of your choice	Broccoli & red pepper pasta bake Or Soup of the day bought with boxed salad of your choice	Oven baked fish served with garden peas & new potatoes Or Soup of the day bought with boxed salad of your choice
Vegetarian	Sweet & sour vegetables served with fried rice	Mushroom stroganoff served with tagliatelle and herb sauce	Spicy 5 bean casserole Served with broccoli	Broccoli & red pepper tomato pasta bake	Roasted vegetable and goats cheese pizza served with chips and salad
Jacket potato	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