

WEEK 1 MENU

MON	<p>Beef Bolognese with Wholewheat Pasta 🍷 🌾</p> <p>Spicy Chicken Pitta with Mixed Salad</p> <p>Vegetarian Bolognese with Wholewheat Pasta 🌱 🍷 🌾</p>
TUE	<p>Sausage and Mash with Vegetables and Gravy</p> <p>Nut-Free Chicken Satay Buddha Box with Wholegrain Rice 🍷 🌾</p> <p>Vegetarian Sausage and Mash with Vegetables and Gravy 🌱</p>
WED	<p>Roast Honey Glazed Ham with Roast Potatoes, Vegetables and Gravy</p> <p>Sweet Chilli Noodles with Vegetables 🌱 🍷</p> <p>Vegetarian Lasagne with Garlic and Herb Bread and Mixed Salad 🌱 🍷</p>
THURS	<p>Cottage Pie with Vegetables and Gravy 🍷</p> <p>Chilli Con Carne with Wholegrain Rice 🍷 🌾</p> <p>Chilli No Carne with Wholegrain Rice 🌱 🍷 🌾</p>
FRI	<p>Southern Fried Chicken Goujons with Chips, Baked Beans and Peas</p> <p>Trinidad Vegetable Rice 🌱 🍷</p>

WEEK 2 MENU

MON	<p>Jerk Chicken with Rice and Peas</p> <p>Chickpea and Vegetable Jalfrezi with Wholegrain Rice  </p> <p>Caribbean Coconut Quorn Curry with Wholegrain Rice   </p>
TUE	<p>Chicken and Broccoli Pasta Bake with Garlic and Herb Wedges  </p> <p>West African Chicken Rice </p> <p>Sweet and Sour Vegetables with Wholegrain Rice   </p>
WED	<p>Roast Beef with Roast Potatoes, Vegetables and Gravy</p> <p>Turkey Con Chilli with Wholegrain Rice  </p> <p>Roast Quorn with Roast Potatoes, Vegetables and Gravy </p>
THURS	<p>Beef Lasagne with Garlic and Herb Bead </p> <p>Chicken Tikka Masala with Wholegrain Rice  </p> <p>Vegetarian Cottage Pie with Vegetables and Gravy  </p>
FRI	<p>Southern Fried Chicken Goujons with Chips, Baked Beans and Peas</p> <p>Battered Fish with Chips, Baked Beans and Peas</p> <p>Urban Veggie Dog with Chips, Baked Beans and Peas </p>

WEEK 3 MENU

MON	<p>Beef Burger with Baked Garlic and Herb Wedges and Mixed Salad Jerk Chicken with Rice and Peas Cheese and Bean Toastie with Baked Garlic and Herb Wedges and Mixed Salad 🍃</p>
TUE	<p>Sausage and Mash with Vegetables and Gravy Butter Chicken with Wholegrain Rice 🍷 🌿 Veggie Burrito with Chipotle Wedges 🍃 🍷 🌿</p>
WED	<p>Roast Chicken with Roast Potatoes, Vegetables and Gravy Mexican Beef Tortilla Pie with Wholegrain Rice 🍷 🌿 West African Vegetable Rice 🍃 🍷</p>
THURS	<p>Chicken and Broccoli Pie with Mashed Potato, Vegetables and Gravy Turkey Con Chilli with Wholegrain Rice 🍷 🌿 Vegetable Tikka Masala with Wholegrain Rice 🍃 🍷 🌿</p>
FRI	<p>Southern Fried Chicken Goujons with Chips, Baked Beans and Peas Veggie Chilli Loaded Fries 🍃</p>