

MAKE

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Choice	Chicken Breast Fillet served in a Tomato and Basil Sauce	Traditional Indian Style Lamb Biryani with Mixed Rice	Roast of the Day with Traditional Accompaniments	Homemade Savoury Minced Lamb and Onion Cobbler	Deep Fried Fish with Lemon and Tartare Sauce
Main Meal Choice	Homemade Beef Burger served in a Bun with Tomato Relish	Freshly Made Oven Baked Chicken and Sweetcorn Pie	Mexican Chilli Con Carne served with Braised Rice	Deep Filled Chicken and Vegetable Enchiladas	Vegetable Curry served with 50/50 Rice
Vegetarian	Fresh Seasonal Vegetable and Bean Cassoulet	Traditional Mediterranean Vegetable Lasagne	Creamy Cheese Topped Leek and Potato Layer	Wholemeal Cheese and Tomato Pasta Bake	
Vegetables	Jacket Wedges Garden Peas Sweetcorn Baked Beans Mixed Garden Salad	New Potatoes Roasted Vegetables Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Baton Carrots Savoy Cabbage Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Broccoli Mixed Vegetables Baked Beans Mixed Garden Salad	Chipped Potatoes Mushy Peas Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				