

what's for Dinner

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Thai Green Chicken Curry	Theme Day	Roast of the Day	Salt & Pepper Chicken	Fish Dish of the Day
Vegetarian	Vegetable Lasagne		Homemade Vegetable Strudel	Vegetable Chilli	Chef's Choice
Starchy Choice	Steamed Rice		Roast Potatoes	Couscous	Chips
Vegetables / Salad	Green Salad		Buttered Carrots & Cauliflower	Mediterranean Vegetables	Baked Beans & Mushy Peas
Traditional Puddings	Pineapple Upside Down Pudding		Jam Tart	Lemon & Orange Sponge	Apple Pie
WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Bolognese	Chicken Chimichanga	Roast of the Day	Lasagne	Fish Dish of the Day
Vegetarian	Sweet Chilli Stir Fry Quorn	Stuffed Roasted Peppers with Couscous	Cheese and Onion Flan	Mushroom Risotto	Chef's Choice
Starchy Choice	Spaghetti	Mashed Potatoes	Roast Potatoes	Paprika Potatoes	Chips
Vegetables / Salad	Garden Peas	Broccoli Florets	Cabbage & Carrots	Crispy Salad	Baked Beans & Mushy Peas
Traditional Puddings	Apple Crumble & Custard	Chocolate Crunch	Bakewell Tart	Jam & Coconut Sponge	Rice Pudding
WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cottage Pie	Theme Day	Roast of the Day	Chicken & Leek Pie	Fish Dish of the Day
Vegetarian	Quorn Toad in the Hole		Vegetable Mousakka	Broccoli & Cauliflower Cheese Bakes	Chef's Choice
Starchy Choice	Potato Wedges		Roast Potatoes	New Potatoes	Chips
Vegetables / Salad	Garden Peas		Carrots & Swede Puree	Savoy Cabbage	Baked Beans & Mushy Peas
Traditional Puddings	Sticky Toffee Pudding with Butter-scotch Sauce		Chocolate Fudge Sponge & Chocolate Sauce	Macaroon Tart	Melting Moments
WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Chicken Tikka Masala	Hunters Chicken	Roast of the Day	Beef Chow Mein	Fish Dish of the Day
Vegetarian	Vegetable Samosas	Roasted Pepper Frittata	Vegetable Moroccan Tangine	Quorn Sausage	Chef's Choice
Starchy Choice	Bombay Potatoes	Herby Wedges	Roast Potatoes	Mashed Potatoes	Chips
Vegetables / Salad	Sweetcorn	Broccoli	Cabbage	Carrots & Garden Peas	Baked Beans & Mushy Peas
Traditional Puddings	Sultana Sponge and Custard	Bread and Butter Pudding	Cornflake Tart	Flapjack	Lemon Love Cake