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| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main Dish | Pork sausage, red onion gravy and champ mash potato | Fiery Mexican chilli, brown rice, sour cream and salsa | Apple glazed roast pork, “roasties” and gravy | Chicken Singapore  noodles | Crispy battered fish with chunky chips |
| Vegetarian Main Dish | Sweet potato and vegetable masala, Bombay potatoes and coriander and green chilli chutney | QuornTM and vegetable lasagne with crusty garlic and herb bread | Cheesy potato and leek pie topped with puff pastry served with crispy roast potatoes | Aubergine and chickpea Dhansak, pilau rice and cucumber raita | Falafel in a wholemeal pitta, crunchy slaw and chunky chips |
| Accompaniments | Garden peas  Crisp summer salad | Corn on the cob  Crisp summer salad | Carrots & broccoli  Crisp summer salad | Green beans  Crisp summer salad | Mushy peas  Crisp summer salad |
| Jacket Potatoes | Grated cheddar, baked beans or coleslaw | Grated cheddar, baked beans or coleslaw | Grated cheddar, baked beans or coleslaw | Grated cheddar, baked beans or coleslaw | Grated cheddar, baked beans or coleslaw |
| Sandwiches | Ham, Cheese, Tuna | Ham, Cheese, Tuna | Ham, Cheese, Tuna | Ham, Cheese, Tuna | Ham, Cheese, Tuna |
| Dessert | Peach and raspberry fruit cobbler  with custard | Apple cracknel | Lemon drizzle cake | Mixed berry strudel with custard | Gooey chocolate brownie |