



WEEKLY MEAL PLANNER: Weeks 3 & 6

- All meal choices are **homemade**, from scratch by our chefs using high quality raw ingredients that are unprocessed and where applicable, seasonal.
- All meat products are Red Tractor accredited
- All fish products are M.S.C accredited

	Main Course	Vegetarian Option	Served With	Dessert
MONDAY	Homemade Sausage Roll with Gravy	Caramelised Red Onion and Feta Tart	Sliced Potatoes Peas and Carrots Salad and Coleslaw	Organic Milk Rice Pudding with a Summer Fruit Compote Fresh Fruit Salad Yoghurt
TUESDAY	Meatballs in Arrabiata Sauce with Organic Pasta Homemade Bread	Vegetable Pizza	New Potatoes Fresh Cabbage Salad and Coleslaw	Mandarin Orange Sponge with Fresh Milk Custard Fresh Fruit Salad Yoghurt
WEDNESDAY	Chicken Korma with Homemade Garlic Naan Bread	Quorn Chilli with Wholemeal Pitta	Wholegrain Rice Mixed Vegetables	Banana Cake Fresh Fruit Salad Yoghurt
THURSDAY	Minced Beef Enchilada	Organic Bean and Pasta Bake Homemade Bread	Herby Diced Potatoes Green Beans	Parkin with a Slice of Fruit Fresh Fruit Salad Yoghurt
FRIDAY	Battered Fish	Cheese and Tomato Quiche	Chipped Potatoes Peas & Sweetcorn	Fruit Muffin Fresh Fruit Salad Yoghurt