



## WEEKLY MEAL PLANNER: WEEK 1 (w/c 3<sup>rd</sup> Sept, 24<sup>th</sup> Sept, 15<sup>th</sup> Oct, 12<sup>th</sup> Nov, 3<sup>rd</sup> Dec)

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

|           | Main Course                                    | Vegetarian Option   | Served With                                       | Dessert  |
|-----------|--|---|---|--|
| MONDAY    | Spaghetti Bolognese with Homemade Garlic Bread | Quorn Chicken Enchilada                                   | New Potatoes<br>Country Mixed Veg                 | Cherry Tray Bake<br>Fresh Fruit Salad<br>Yoghurt                               |
| TUESDAY   | Lamb Kofta Pitta with Mint Yoghurt Sauce       | Tomato, Mozzarella & Basil Pasta Bake with Homemade Bread | Homemade Wedges<br>Salad and Red Slaw             | Chocolate Orange Sponge & Milk Chocolate Sauce<br>Fresh Fruit Salad<br>Yoghurt |
| WEDNESDAY | Oven Baked Sausages with Gravy                 | Macaroni Cheese with Homemade Bread                       | Mashed Potatoes<br>Fresh Cabbage Salad            | Fruity Flapjack<br>Fresh Fruit Salad<br>Yoghurt                                |
| THURSDAY  | Chicken Tikka Curry & Tortilla Wrap            | Cheese & Onion Pie  | Steamed Rice<br>Herby Diced Potato<br>Green Beans | Apple and Berry Crumble & Fresh Milk Custard<br>Fresh Fruit Salad<br>Yoghurt   |
| FRIDAY    | MSC Battered Fish                              | Quorn Keema Curry   | Chips<br>Mushy Peas<br>Sweetcorn                  | Lemon Drizzle Cake<br>Fresh Fruit Salad<br>Yoghurt                             |