

WEEK ONE

MONDAY

Coriander, Yoghurt & Lime
Grilled Chicken Fillets
Savoury Rice
Honey Glazed Carrots

Aubergine Parmigiana with
Savoury Rice
Honey Glazed Carrots 

Herbed Feta & Bean Salad

TUESDAY

Spaghetti Bolognese
Grated Cheese
Garlic Bread
Peas & Corn

Mushroom & Soya Bolognese
Grated Cheese
Garlic Bread
Peas & Corn 

Greek Salad

WEDNESDAY

Roast Sirloin of Beef
Roast Potatoes
Roasted Vegetables in Season
Gravy

Zucchini, Carrot & Parmesan
Fritters
Roast Potatoes
Roasted Vegetables in Season 

Pasta, Corn & Cheese Salad

THURSDAY

Butter Chicken
Basmati Rice
Garlic Green Bean
Sambals with Naan Bread

Roast Vegetables in Butter sauce
Basmati Rice
Garlic Green Beans
Sambals with Naan Bread 

Rocket, Spinach, Avo & Feta Salad

FRIDAY

Crispy Hake & Calamari Combo
French Fries
Tartare Sauce
Minted Peas

Tempura Assorted Vegetables
French Fries
Tartare Sauce
Minted Peas 

French Garden Salad



WEEK TWO

Enjoy your meal!

MONDAY

Moroccan Chicken Pieces
Spicy Rice
Gravy
Stir Fry Vegetables

Moroccan Style Vegetable &
Halloumi Kebabs
Spicy Rice,
Stir Fry Vegetables 

Harvest Salad

TUESDAY

Layered Beef Enchilada Bake
Tomato, Coriander & Red Onion Salsa
Glazed Carrots & Peas

Layered Vegetable & Red Kidney
Bean Enchilada Bake. Tomato,
Coriander & Red Onion Salsa.
Glazed Carrots & Peas 

Mexican Tortilla Salad

WEDNESDAY


Cha Su Roast Chicken,
Roast Potatoes
Cauliflower & Broccoli
Cheese

Corn, Spring Onion & Cheese
Quesidillas
Roast Potatoes,
Cauliflower & Broccoli, Cheese 

French Salad

THURSDAY

Herbed Chicken Frikadel,
Linguine Pasta.
Home-made Arrabbiata sauce
Stuffed Gems with Cheesy Sweetcorn

Roasted Butternut, Sweet Potato
& Butter Beans in Home-made
Arrabbiata sauce. Stuffed Gems
with Cheesy Sweetcorn 

Baby Spinach, Crouton E Egg Salad

FRIDAY

Snack Attack:
Spring Rolls
Mini Pies, Chicken Stips
Cocktail Samosas & French Fries

Snack Attack:
Vegetable Spring Rolls,
Samosas, Mini Pizzas,
Cheese Puffs & French Fries 

Greek Salad

WEEK THREE

MONDAY

Beef Chow Mein
with Egg Noodles
Julienne Vegetables &
Pumpkin Fritters

Vegetable & Soya Chow Mein
with Egg Noodles
Julienne Vegetables &
Pumpkin Fritters 

French Salad

TUESDAY

Chicken, Butternut & Sage Pie
Mashed Potato
Cut Corn & Peas

Butternut, Feta & Coriander
Tartlets
Mashed Potato
Cut Corn & Peas 

Harvest Salad

WEDNESDAY

Lamb Rissoles with
Flat Bread & Tzatziki
Shredded Lettuce, Diced Tomato &
Red Onion, Grilled Vegetable Strips

Corn Fritters with Caramelised
Cherry Tomato on a bed of Wilted
Spinach, Flat Bread, Shredded
Lettuce, Diced Tomato & Red Onion
Grilled Vegetable Strips 

German Potato Salad

THURSDAY

Butter Chicken
Basmati Rice
Garlic Green Beans
Sambals with Rotis

Garlic Green Beans
Basmati Rice
Garlic Green Beans
Sambals with Rotis 

Roast Butternut, Beetroot, Feta &
Rocket Salad

FRIDAY

Crispy Hake Fillets
French Fries
Tartare Sauce
Minted Peas

Three Cheese & Vegetable
Quesidillas Gaucomole & Cottage
Cheese, French Fries &
Minted Peas 

Caesar Salad



WEEK FOUR

Enjoy your meal!

MONDAY

Indian Chicken Korma
Basmati Rice
Naan Bread
Julienne Carrots

Indian Vegetable Korma
Basmati Rice
Naan Bread
Julienne Carrots 

Panzanella Salad

TUESDAY

Beef Lasagna
Garlic French Loaves
Mixed Vegetables

Mushroom & Mozzarella
Lasagna
Garlic French Loaves
Mixed Vegetables 

Greek Salad

WEDNESDAY

Southern Fried Chicken Portions
Potato Wedges
Roast Vegetables in Season
Gravy

Crumbed Mushroom, Brinjal
& Cauliflower, Potato Wedges
Roast Vegetables in Season
& Tzatziki 

Baby Spinach, Egg & Cheese Salad

THURSDAY

Home-made Steak & Onion Pie
Mashed Potato or Rice
Stuffed Gems with Cheesy Sweetcorn

Roasted tomato & Basil Tartlets
Creamy Pommery Mash
Roast Vegetables, Green Beans
with Feta & Rosa Tomato 

German Potato Salad

FRIDAY

Spanish Style Chicken Burgers
French Fries
Salsa Verde

Falafel Burgers with
Hummus
French Fries
Salsa Verde 

Sliced Salad