

for
you...
by sodexo

Weekly Menu

Week 1 - 31st Oct & 28th Nov.

MONDAY

Mexican Chicken & Bean Stew

Quorn & Lentil Thai Red Curry

Plain Brown or White
Boiled Rice
Baby Boiled Potatoes
Pasta Fusilli
Cut Green Beans
Carrots

Green Salad

Ginger, Honey & Lemon
Sponge
Custard Sauce

TUESDAY

Masala Keema (beef) with
Chota Naan

Cheese & Tomato
omelette

Plain Boiled White &
Brown Rice
Braised Rice
Sweetcorn

Green Salad

Apple Cinnamon Pie with
Custard

WEDNESDAY

Sweet & Sour Chicken

Italian Bean & Vegetable
Loaf

Baby Boiled Potatoes
Plain Boiled White & Brown
Rice
Savoury Rice
Medley of Farmhouse
Vegetables

Green Salad

Baked Jam Roly Poly with
Custard Sauce

THURSDAY

Turkey Meatballs in Tomato
Sauce

Caribbean Vegetable Curry

Creamy Mashed Potato
Baby Boiled Potatoes with
Parsley
Spaghetti

Green Salad

Rhubarb Crumble with Custard
Sauce

FRIDAY

Battered Hoki 

Thick Crust 12" Mushroom &
Spicy Tomato Pizza

Chips
Braised Rice
Peas
Mushy Peas
Reduced Sugar and Salt
Baked Beans

Green Salad

Chocolate Sponge with
Chocolate Custard

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Weekly Menu

Week 2 - 7th Nov & 5th Dec

MONDAY

Chilli Con Carne

Vegetable Korma

Plain Boiled Brown or White
Rice
Noodles
Mixed Green Vegetables

Green Salad

Baked Fruit Sponge
with Custard Sauce or
Vanilla Ice Cream

TUESDAY

Pork Kebab with Mixed
Salad

Roasted Vegetable
Lasagne

Oven Baked Potato
Wedges
Garlic Bread
Spring Greens
Mixed Salad

Green Salad

Banana Cake with
Custard Sauce or
Vanilla Ice Cream

WEDNESDAY

Roast Gammon Honey
Baked

Spanish Omelette

Pasta Penne
Pasta Salad
Sliced Carrots

Green Salad

Australian Crunchie served
with Custard

THURSDAY

Sausage Lyonnaise

Three Bean Chilli

Plain Boiled White & Brown
Rice
Baked ½ Jacket Potatoes
Sweetcorn

Green Salad

Apple Crumble with Custard
Sauce or Vanilla Ice Cream

FRIDAY

Battered Hoki 

Spinach & Tomato Quiche

Chips
Peas
Mushy Peas
Reduced Sugar and Salt
Baked Beans
Pasta Shells
Green Salad

Chocolate Chip Pudding
served with Custard



Weekly Menu

Week 3 – 14th Nov & 12th Dec

MONDAY

Barbecue Cheesy Chicken

Vegetable & Butternut Squash
Tagine

Garlic Mash
Cous Cous
Braised Rice
Plain Boiled White & Brown Rice
Sweetcorn
Simple Tomato Salad

Green Salad
Bakewell Tart with Custard
Sauce or Vanilla Ice Cream

TUESDAY

Roast Pork

BBQ Cajun Vegetable
Sausage Jambalaya

Roast Potatoes
Braised Rice
Prawn Crackers
Spring Greens
Apple Sauce

Green Salad
Cranberry Slice with
Custard Sauce and Vanilla
Ice Cream

WEDNESDAY

Pork Meatballs in
Arrabbiata Sauce

Vegetable & Bean Tortilla
Stack with salsa

Tomato Rice
Coleslaw

Green Salad
Toffee Apple Oaty Crumble
with Custard Sauce or
Vanilla Ice Cream

THURSDAY

Traditional lasagne

Quorn Toad in the Hole

Baby Boiled Potatoes
Mixed Peas & Sweetcorn

Green Salad
Marble Sponge with Custard
Sauce or Vanilla Ice Cream

FRIDAY

Battered Hoki 

Cheese Onion Pasty

Chips
Boiled Potatoes with Parsley
Peas
Mushy Peas
Reduced Sugar and Salt
Baked Beans
Noodles

Green Salad
Chocolate Cornflake Crunch
with Vanilla Ice Cream

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Weekly Menu

Week 4 – 21st Nov

MONDAY

Pork Sausages in Red Onion Gravy

Vegetable, Chick Pea and Lentil Dahl

Minted New Potatoes
Plain Boiled Rice
Brown or White
Sweetcorn
Garlic Bread
Green Salad

Chocolate Fudge Cake with Custard
Sauce or Vanilla Ice Cream

TUESDAY

Minced Beef & Onion Pie

Sweet & sour Vegetables

Baked baby Potatoes
Savoury Rice
Asian Stir Fried
Vegetables
Cut Green Beans
Green Salad

Fruity Feast Flapjack with
Custard Sauce or Vanilla
Ice Cream

WEDNESDAY

Cottage Pie

Cheese, Onion & Basil
Quiche

Oven baked Wedges
Medley of Root Vegetables
Coleslaw

Green Salad

Eve's Pudding with Custard
Sauce or Vanilla Ice Cream

THURSDAY

Roast Chicken Thigh

Jamaican Vegetable Pattie

Roast Potatoes
Sliced Carrots
Green Cabbage

Green Salad

Treacle Tart served with
Custard

FRIDAY

Battered Hoki 

Spinach & Red Onion Pitta
Bread Pizza

Chips
Peas
Mushy Peas
Reduced Sugar and Salt
Baked Beans
Green Salad

Jam & Coconut Sponge with
Custard Sauce or Vanilla Ice
Cream