

for  
you...  
by sodexo\*

# Weekly Menu

## Week 1

### MONDAY

Sweet & Sour Chicken

Italian Bean & Vegetable Loaf

Baby Boiled Potatoes  
Noodles  
Cut Green Beans

Green Salad

Apple Cinnamon Pie  
with Custard Sauce or  
Vanilla Ice-Cream

### TUESDAY

Beef Madras

Ratatouille Bruschetta

White and Brown Rice  
Sweetcorn Kernels

Green Salad

Rhubarb Crumble  
with Custard or Vanilla  
Ice-Cream

### WEDNESDAY

Chicken & Mushroom Pie

Quorn & Red Bean Chilli

Creamy Mashed Potato  
Sliced Carrots

Green Salad

Chocolate Sponge  
with Chocolate Sauce or  
Vanilla Ice-Cream

### THURSDAY

Turkey Meatballs in Tomato &  
Basil Sauce

Caribbean Vegetable Curry

Pasta  
Baby Potatoes  
Medley of Farmhouse  
Vegetables

Green Salad

Caramel Tart  
Custard Sauce or Vanilla  
Ice-Cream

### FRIDAY

Battered Cod

Ciabatta Cheese & Tomato  
Pizza

Chips  
Peas or Mushy Peas

Reduced Sugar & Salt Baked  
Beans

Strawberry Jelly  
with Vanilla Ice Cream

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# Weekly Menu

## Week 2

### MONDAY

Sausage Lyonnaise

Vegetable Korma

Noodles  
White and Brown Rice  
Baby Boiled Potatoes  
Mixed Vegetables

Green Salad

Baked Syrup Sponge  
with Custard Sauce or Vanilla  
Ice-Cream

### TUESDAY

Shepherds Pie

Roasted Vegetable  
Lasagne

Spicy jacket wedges  
Garlic Bread  
Savoy Cabbage

Green Salad

Chocolate pudding  
with Custard or Vanilla  
Ice-Cream

### WEDNESDAY

Roast Pork with gravy

Spanish Omelette

Roast Potatoes  
Cut Green Beans s  
Creamed Carrots & Swede

Green Salad

Apple Crumble  
with Custard Sauce or Vanilla  
Ice-Cream

### THURSDAY

Chilli Con Carne

Three bean Chilli

½ Jacket Potatoes  
White and Brown Rice  
Sweetcorn

Green Salad

Baked Jam Roly Poly  
With Custard  
or Vanilla Ice-Cream

### FRIDAY

Battered Cod

Spinach & Tomato Quiche

Chips  
Boiled Potatoes with parsley  
Peas or Mushy Peas  
Reduced Sugar & Salt Baked  
Beans

Green Salad

Banana Muffin  
with Vanilla Ice-Cream

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# Weekly Menu

## Week 3

MONDAY

Lasagne

Mushroom Stroganoff

Garlic Bread  
Baby Boiled potatoes  
Mixed Pea & Sweetcorn

Green Salad  
Bakewell Tart  
with Custard or Vanilla Ice-  
cream

TUESDAY

Cornish Pasty

Vegetable Risotto

Plain Boiled White And  
Brown Rice  
Spicy Jacket Wedges  
Roast Potatoes  
Savoy Cabbage

Green Salad  
Pineapple upside down  
cake  
with Custard or Vanilla  
Ice-Cream

WEDNESDAY

Barbecue Cheesy Chicken

Chilli Quorn Taco

Tomato Rice  
Baby Boiled Potatoes  
Sliced Carrots

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

THURSDAY

Chicken Italienne

Cauliflower Cheese

Garlic Mash  
Pasta  
Sweetcorn

Green Salad  
Marble Sponge  
with Fresh Pouring Cream or  
Vanilla Ice-Cream

FRIDAY

Battered Cod

Cheese & Onion Pasty

Chips  
Peas or Mushy Peas  
Reduced Sugar & Salt Baked  
Beans

Green Salad  
Chocolate Cornflake Crunch  
with Vanilla  
Ice-Cream

# Weekly Menu

## Week 4

### MONDAY

Cottage Pie

Chick Pea & Split Pea Vegetable  
Curry

White and Brown Rice  
Garlic Bread  
Diced Swede

Green Salad

Chocolate Fudge cake  
with Custard Sauce or Vanilla Ice-  
Cream

### TUESDAY

Minced Beef & Onion Pie

Sweet & Sour Vegetables

Minted Cous Cous  
Savoury Rice  
Baked baby Potatoes  
Cut Green Beans

Green Salad

Sticky Toffee Date with  
Pudding & Caramel  
Sauce or Vanilla  
Ice-Cream

### WEDNESDAY

Lancashire Hot Pot

Quorn Mince & vegetable  
Cobbler

Baby Boiled Potatoes  
Oven baked Potato Wedges  
Medley of Farmhouse  
Vegetables

Green Salad

Eve's Pudding  
with Custard Sauce or Vanilla  
Ice-Cream

### THURSDAY

Pork Sausages in Red Onion  
Gravy

Jamaican Vegetable Pattie

Sauté Potatoes  
Garlic Bread  
Sliced Carrots

Green Salad

Treacle Tart  
with Custard Sauce or Vanilla  
Ice-Cream

### FRIDAY

Battered Cod

Spinach & Red Onion Pitta  
Bread

Chips  
Rice  
Peas or Mushy Peas  
Reduced Sugar & Salt Baked  
Beans

Green Salad

Cherry muffin  
with Vanilla Ice-Cream