

Week one

Week Commencing: 14/5, 11/6, 2/7, 3/9, 24/9, 15/10

Main meal...

British Pork Sausages with Gravy and Creamy Mashed Potatoes

(v) Fusilli Pasta with a Rich Tomato Sauce with Fresh Baked Bread

MONDAY

On the side...

Vegetables or Salad of the Day

For dessert...

(v) Strawberry Swirl Mousse
(v) Organic Yoghurt or Fresh Fruit

Main meal...

Chinese Style Turkey Meatballs with Egg Noodles

(v,h) Homemade Cheese and Potato Pie

TUESDAY

On the side...

Vegetables of the Day
Baked Beans

For dessert...

(v,h) Saffron's Citrus Sponge with Mandarin Oranges
(v) Organic Yoghurt or Fresh Fruit

Main meal... ROAST DAY

British Roast Pork Joint or Loin with Apple Sauce and Gravy with Roast Potatoes

(v,h) Saffron's Homemade Vegetable and Lentil Korma with Wholegrain Rice

WEDNESDAY

On the side...

Vegetables of the Day
Fresh Salad

For dessert...

(v,h) Saffron's Homemade Cookie
(v) Organic Yoghurt or Fresh Fruit

Main meal...

Homemade Chicken Pie, Gravy and Mashed Potatoes or Baked Potato Wedges

(v) Veggie Toad in the Hole with Gravy and Mashed Potatoes or Baked Potato Wedges

THURSDAY

On the side...

Reece's Super Greens (mixed green veggies)
Vegetables of the Day

For dessert...

(v,h) Orchard Fruits Crumble with Custard
(v) Organic Yoghurt or Fresh Fruit

Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes

(v) Doug's Favourite Organic 3 Bean Chilli with Rice

FRIDAY

On the side...

Peas or Baked Beans
Fresh Salad

For dessert...

(v,h) Homemade Chocolate Cracknel
(v) Organic Yoghurt or Fresh Fruit

Week two

Week Commencing: 21/5, 18/6, 9/7, 10/9, 1/10, 22/10

Main meal...

Doug's Organic Pork Meatballs, Rich Tomato Sauce and Pasta

(v,h) Doug's Farmhouse Omelette with Fresh Baked Bread

MONDAY

On the side...

Vegetables or Salad of the Day

For dessert...

(v) Cheddar Cheese with Crackers and Apple Wedge
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

Main meal...

Red Tractor Mild Chicken Korma with Wholegrain Rice

(v) Linda McCartney Veggie Sausages and Crispy Diced Potatoes

TUESDAY

On the side...

Peas or Baked Beans
Fresh Salad

For dessert...

(v,h) Iris's Homemade Very Berry Muffin
(v) Organic Yoghurt or Fresh Fruit

Main meal... ROAST DAY

British Roast Beef with Yorkshire Pudding, Gravy and Roast Potatoes

(v,h) Chinese Style Quorn "Meatballs" with Egg Noodles

WEDNESDAY

On the side...

Reece's Super Greens (mixed green veggies)
Vegetables of the Day

For dessert...

(v,h) Iris's Superfood Granola Bar or Jelly and Peaches
(v) Organic Yoghurt or Fresh Fruit

Main meal...

(h) Cheesy Barbeque Bacon Pasta with Baked Potato Wedges

(v) Margherita Pizza Slice with Baked Potato Wedges

THURSDAY

On the side...

Vegetables of the Day
Fresh Salad

For dessert...

(v,h) Homemade Syrup Sponge & Custard
(v) Organic Yoghurt or Fresh Fruit

Main meal... FISHY FRIDAY

* (msc) Harry Ramsden's Seaside Fish Fillet and Criss-Cross Potatoes

(v,h) Jacket Potato with Cheddar Cheese

FRIDAY

On the side...

Peas or Baked Beans
Fresh Salad

For dessert...

(v,h) Doug's Homemade Chocolate Flapjack
(v) Organic Yoghurt or Fresh Fruit

*Salmon Fillet

Week three

Week Commencing: 4/6, 25/6, 16/7, 17/9, 8/10, 5/11

Main meal...

Organic Beef Grill in a High Fibre Bun with Crispy Diced Potatoes

(v,h) Vegetable Risotto Bake with Fresh Baked Bread

MONDAY

On the side...

Vegetables or Salad of the Day

For dessert...

(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

Main meal...

The Nutrigang's Tasty Brunch Lunch (bacon medallion, pork sausage and baked beans served with fresh baked bread)

(v,h) Cheesy Pasta Bake with Fresh Baked Bread

TUESDAY

On the side...

Baked Beans or Broccoli
Fresh Salad

For dessert...

(v,h) Eve's Pudding with Custard
(v) Organic Yoghurt or Fresh Fruit

Main meal... ROAST DAY

Roast Chicken Fillet or Joint with Gravy and Roast Potatoes

(v,h) Vegetarian Chilli (made with Linda McCartney veggie mince) with Rice

WEDNESDAY

On the side...

Reece's Super Greens (mixed green veggies)
Vegetables of the Day

For dessert...

(v,h) Homemade Shortbread
(v) Organic Yoghurt or Fresh Fruit

Main meal...

(h) Spaghetti Bolognaise made with Organic Minced Beef and Fresh Baked Bread

(v,h) Homemade Rustic Cheese & Tomato Pizza with Baked Potato Wedges

THURSDAY

On the side...

Vegetables of the Day
Fresh Salad

For dessert...

Strawberry Mousse with Jelly and Fruit
(v) Organic Yoghurt or Fresh Fruit

Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes

(v) Veggie Hot Dog with Chipped Potatoes

FRIDAY

On the side...

Peas
Baked Beans

For dessert...

(v,h) Up Beet Chocolate Cake
(v) Organic Yoghurt or Fresh Fruit

(v) Vegetarian Option (h) Homemade (msc) Certified Sustainable Seafood