



EXAMPLE MENU 2023

Monday

Soup

Tomato 

Mains

Butternut squash and lentil roast with stuffing 


Veggie hot dog 


Roast pork loin with stuffing and apple sauce


Roast chicken breast with stuffing

Hot dog


Sides


Carrot and swede 

Thyme roast potatoes 

Yorkshire pudding 


Desserts

Waffles with salted caramel sauce 


Chocolate fudge cake 


Tuesday

Soup

Roast carrot and orange 

Mains

Butter bean korma 




Vegan burger 

Lamb koftas with red onion and tomato

Tandoori chicken skewer


Bacon and cheese burger

Sides

Onion bhaji 
Indian salad 
minted yoghurt 

Naan bread, rice 


Desserts

Apple and berry crumble 


Black Forest Gateaux 


Wednesday

Soup

Leek and potato 

Mains


Meatballs, tomato sauce and basil 


Pizza 

Italian meatballs in tomato sauce and basil

Chargrilled chicken breast in tomato sauce

Sides

Garlic bread 

Green vegetables medley 

Farfelle 


Desserts

Chocolate brownie with ice cream


Sticky toffee pudding


Thursday

Soup

Carrot and coriander 

Mains


Lentil and sweet potato pie served with gravy 


Mac and cheese 

Traditional steak pie and gravy


Lemon and herb chicken skewer served with flatbread


Sides

Mash potato 

Winter roast root vegetables 


Desserts

Mixed fruit jam sponge and custard 


Cheese cake 

Friday

Soup

Roast red pepper and tomato 

Mains


Squash sage risotto cakes with red pepper ketchup 


Pasta bolognaise bake 

Chicken schnitzel with peppercorn sauce


Traditional battered fish

Sides

Chips 

Mushy peas or peas and sweetcorn 

Desserts

Chocolate pudding 

Whipped cream and berry coulis