**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

Vegetarian 🍃 Vegan 🍃