|  |
| --- |
| WEEK ONE Newfield/Talbot |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  | MONDAY |  | TUESDAY |  | WEDNESDAY |  | THURSDAY |  | FRIDAY |
|  |  |  |  |  |  |  |  |  |  |  |
| Main Meal 1Halal |  | Moroccan Spiced Chicken Fillet with Cous Cous & Lemon  |  |  Authentic Tex Mex Flavoured Lamb with Guacamole  |  | Roast of The Day with Traditional Accompaniments |  | Southern American Style BBQ Chicken Fillet |  | Crispy Fried Pollock, Lemon & Tartar Sauce  |
|  |  |  |  |  |  |  |  |  |  |  |
| Main Meal 2 |  | Slow Braised Lamb and Seasonal Vegetable Stew |  |  Freshly Made Chicken and Sweetcorn Pasta Bake |  | Thai Green Chicken & Vegetable Curry with Wholegrain Rice |  | Mexican Style Spiced Minced Lamb Burrito Wrap |  | Burgers Selection (V) |
| PIE |  |  |  |  |  |  |  |  |  |  |
| Vegetarian |  | Garlic Mushroom Mac and Cheese |  | Sweet Potato, Lentil and Spinach Frittata |  |  Chick Pea, Spinach & Aubergine Dhansak  |  |  Chinese Style Sweet Chilli, Vegetable & Quorn Stir Fry |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Vegetables |  | Jacket WedgesPeasCauliflowerBaked BeansMixed Garden Salad |  | New PotatoesRoasted VegetablesGreen BeansBaked BeansMixed Garden Salad |  | Roast PotatoesBaton CarrotsSavoy CabbageBaked BeansMixed Garden Salad |  | Spicy Diced PotatoesSweetcorn Mixed VegetablesBaked BeansMixed Garden Salad |  | Chipped PotatoesMushy PeasBaked BeansMixed Garden Salad |
|  |  |  |  |  |  |  |  |  |  |  |
| Available Daily |  | Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks |

|  |
| --- |
| WEEK TWO Newfield/Talbot |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  | MONDAY |  | TUESDAY |  | WEDNESDAY |  | THURSDAY |  | FRIDAY |
|  |  |  |  |  |  |  |  |  |  |  |
| Main Meal 1Halal  |  |  Oriental Chicken & Vegetable Stir Fry with Noodles  |  | Freshly Made Savoury Salmon & Tuna Fusilli Bake |  | Roast of The Day with Traditional Accompaniments |  | Spicy Chicken Jalfrezi served with Wholegrain Rice |  | Classic Fish Finger Sandwich on Wholemeal or White BreadorCrunchy Fish Fingers  |
|  |  |  |  |  |  |  |  |  |  |  |
| Main Meal 2 |  | Oven Baked Sausages served with Rich Onion Gravy |  | Pulled Chicken on a Bap with Smokey BBQ Sauce |  | Smokey Chilli Con Carne served with Braised Rice |  | Traditional Italian Style Lamb & Tomato Pasta Bake |  | Pizza Selection (V) |
| PIE |  |  |  |  |  |  |  |  |  |  |
| Vegetarian |  | Vegetarian Sausages served with a Rich Onion Gravy |  |  Seasonal Root Vegetable and Lentil Hot Pot. |  |  Creamy Fresh Vegetable Pasta Primavera  |  | Chickpea and Vegetable Masala Wrap |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Vegetables |  | Mashed PotatoesBroccoliDiced CarrotsBaked BeansMixed Garden Salad |  | Herby Diced PotatoesSweetcornGarden PeasBaked BeansMixed Garden Salad |  | Roast PotatoesMixed Vegetables CauliflowerBaked BeansMixed Garden Salad |  | New Potatoes Sliced CarrotsGreen BeansBaked BeansMixed Garden Salad |  | Chipped PotatoesMushy PeasBaked BeansMixed Garden Salad |
|  |  |  |  |  |  |  |  |  |  |  |
| Available Daily |  | Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks |

|  |
| --- |
| WEEK THREE Newfield/Talbot |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  | MONDAY |  | TUESDAY |  | WEDNESDAY |  | THURSDAY |  | FRIDAY |
|  |  |  |  |  |  |  |  |  |  |  |
| Main Meal 1Halal  |  |  Zesty Piri- Piri Style Glazed Chicken Breast  |  | Braised Lamb Keema Curry with Wholegrain rice |  | Roast Of The Day with Traditional Accompaniments |  | Deep Filled Chicken & Vegetable Enchiladas |  | Crispy Fried Fish, Lemon & Tartar Sauce |
|  |  |  |  |  |  |  |  |  |  |  |
| Main Meal 2 |  |  Homemade Traditional Cottage Pie & Gravy |  |  Fresh Oven Baked Chicken and Vegetable Pie |  |  Spicy Caribbean Jerk Chicken served with Pineapple  |  | Freshly made Classic Italian Lasagne Alforno  |  | Assorted Hot Dogs (V) |
|  |  |  |  |  |  |  |  |  |  |  |
| Vegetarian |  | Keralan Chick Pea, Cauliflower & Pepper Curry with Mixed Rice |  |  Golden Potato Topped Shepherdess Pie  |  | Creamy Layered Mediterranean Vegetable Lasagne  |  |  Zingy Vegetable and Bean Chilli and Braised Rice  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Vegetables |  | Jacket WedgesGarden Peas SweetcornBaked BeansMixed Garden Salad |  | New PotatoesRoasted VegetablesGreen BeansBaked BeansMixed Garden Salad |  | Roast PotatoesSeasonal GreensCarrots and PeasBaked BeansMixed Garden Salad |  | Spicy Diced PotatoesBroccoliBaton CarrotsBaked BeansMixed Garden Salad |  | Chipped PotatoesMushy PeasBaked BeansMixed Garden Salad |
|  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| Available Daily |  | Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks |