

MAKE

WEEK ONE MENU

MONDAY

Lemon & Herb Style Chicken in a Bun
Minced Beef and Vegetables served with a Yorkshire Pudding
✔ Fresh Creamy Herb Crumbed Macaroni Cheese
Filled Jacket Potatoes
**Vegetables: Spicy Diced Potatoes, Peas, Cauliflower,
Baked Beans, Mixed Garden Salad**

TUESDAY

Italian Style Lamb Lasagne
Southern Style Chicken with BBQ Sauce
✔ Veggie Burger served in a Bun with Relish
Filled Jacket Potatoes
**Vegetables: Jacket Wedges, Sweetcorn, Green Beans,
Baked Beans, Mixed Garden Salad**

WEDNESDAY

Roast of the Day with Traditional Accompaniments
Chilli Con Carne served with Wholegrain Rice
✔ Savoury Cheese & Spring Onion Flan
Filled Jacket Potatoes
**Vegetables: Creamed Potatoes, Carrots, Savoy Cabbage,
Baked Beans, Mixed Garden Salad**

THURSDAY

Sweet & Sour Chicken served with Noodles
Oven Baked Minced Lamb & Vegetable Pie
✔ Spicy Vegetable Biryani served with Vegetarian Curry Sauce
Filled Jacket Potatoes
**Vegetables: New Potatoes, Broccoli, Roasted Vegetables,
Baked Beans, Mixed Garden Salad**

FRIDAY

Deep Fried Fish served with Lemon and Tartare Sauce
✔ Freshly Made Assorted Mexican Burritos
Filled Jacket Potatoes
**Vegetables: Chips, Mushy Peas, Baked Beans,
Mixed Garden Salad**

AVAILABLE DAILY:

Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads,
Hot and Cold Desserts, Home Bakes, Fresh Fruit Salad, Drinks

MAKE

WEEK TWO MENU

MONDAY

Fresh Oven Baked Chicken & Sweetcorn Pie
Spicy Lamb & Vegetable Pitta served with Mint Raitha
✔ Italian Tomato & Wholemeal Pasta Bake
Filled Jacket Potatoes
**Vegetables: Herby Baked Potatoes, Peas, Cauliflower,
Baked Beans, Mixed Garden Salad**

TUESDAY

Savoury Salmon & Tuna Fusilli Pasta Bake
Homemade Burger in a Bun with Tangy Relish
✔ Chinese Style Quorn & Crispy Vegetable Stir Fry
Filled Jacket Potatoes
**Vegetables: Jacket Wedges, Sweetcorn, Garden Peas,
Baked Beans, Mixed Garden Salad**

WEDNESDAY

Greek Style Lamb Moussaka
Roast of the Day with Traditional Accompaniments
✔ Spicy Mexican Style Vegetable Quesadillas
Filled Jacket Potatoes
**Vegetables: Roast Potatoes, Seasonal Greens, Carrot & Swede,
Baked Beans, Mixed Garden Salad**

THURSDAY

Chicken Tikka Masala served with Rice
Oven Baked Meat & Potato Pie
✔ Mediterranean Vegetable Lasagne
Filled Jacket Potatoes
**Vegetables: New Potatoes, Broccoli, Carrots, Baked Beans,
Mixed Garden Salad**

FRIDAY

Deep Fried Fish served with Lemon and Tartare Sauce
✔ Assorted Deep Filled Taco Boats
Filled Jacket Potatoes
**Vegetables: Chips, Mushy Peas, Baked Beans,
Mixed Garden Salad**

AVAILABLE DAILY:

Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads,
Hot and Cold Desserts, Home Bakes, Fresh Fruit Salad, Drinks

MAKE

WEEK THREE MENU

MONDAY

Firecracker Spicy Chicken Wholemeal Pasta Bake
Braised Sausages served in a Rich Onion Gravy
✔ Vegetable Chilli with Mixed Rice
Filled Jacket Potatoes
**Vegetables: Creamed Potatoes, Peas, Cauliflower,
Baked Beans, Mixed Garden Salad**

TUESDAY

Traditionally Made Shepherd's Pie
Chicken & Vegetable Deep Filled Enchiladas
✔ Cheddar Cheese & Tomato Quiche
Filled Jacket Potatoes
**Vegetables: Jacket Wedges, Roasted Vegetables,
Green Beans, Baked Beans, Mixed Garden Salad**

WEDNESDAY

Roast of the Day served with Traditional Accompaniments
Spicy Chicken Jalfrezi served with Mixed Rice
✔ Tagliatelle with Roasted Vegetables in a Herby Tomato Sauce
Filled Jacket Potatoes
**Vegetables: Roast Potatoes, Carrots, Savoy Cabbage,
Baked Beans, Mixed Garden Salad**

THURSDAY

Freshly Made Pulled BBQ Chicken Sandwich
Minced Beef & Onion Puff Pastry Pie
✔ Chinese Style Stir Fry Vegetables served with Noodles
Filled Jacket Potatoes
**Vegetables: Spicy Diced Potatoes, Broccoli, Sweetcorn,
Baked Beans, Mixed Garden Salad**

FRIDAY

Deep Fried Fish served with Lemon and Tartare Sauce
✔ Assorted Italian Style Fresh Baked Pizza Slices
Filled Jacket Potatoes
**Vegetables: Chips, Mushy Peas, Baked Beans,
Mixed Garden Salad**

AVAILABLE DAILY:

Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads,
Hot and Cold Desserts, Home Bakes, Fresh Fruit Salad, Drinks