



WEEKLY MENU 1



BREAKFAST

Apple & Cinnamon Overnight Oats | Fruit | Cereal
Croissant | Bagel | Pancake | Homemade Scone
Breakfast Bap (Bacon or Sausage)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef Bolognaise	Chicken & Mushroom Pie	Sheperd's Pie	Sweet & Sour Chicken	Chicken Curry
	Margherita Pizza	Thyme Roasted Sausages	Chicken & Ham Carbonara	Beef Burger	Fishfinger Sandwich
VEGGIE	Spinach & Garlic Pasta Sauce	Mac & Cheese	Cauliflower Cheese	Sweet & Sour Vegetables	Vegetable Curry
SIDES	Pasta	Creamy Mash	Lemon Potatoes	Rice	Noodles
	Rosemary & Garlic Potato Cubes	Steamed Veg	Chopped Salad	French Fries	Crushed Baby Boiled Potatoes
	Steamed Veg	Mixed Leaf Salad	Mixed Veg	Steamed Veg	Peas

SNACKS

Assorted Sandwiches | Salad Box





WEEKLY MENU 2

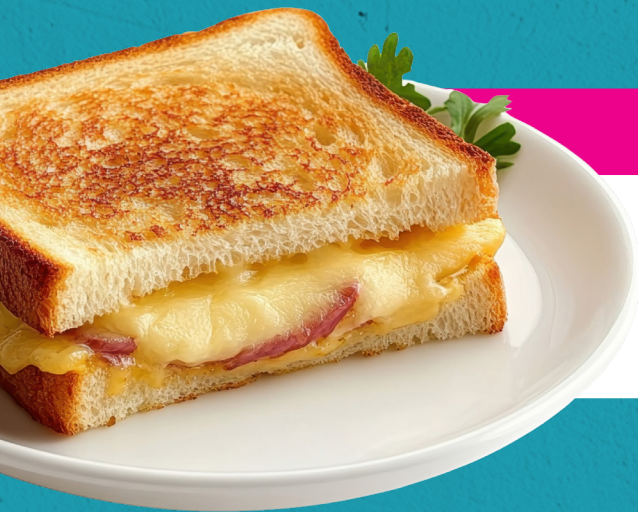


BREAKFAST

Apple & Cinnamon Overnight Oats | Fruit | Cereal
Croissant | Bagel | Pancake | Homemade Scone
Breakfast Bap (Bacon or Sausage)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Thai Sweet Chili Chicken	Breaded Cod	Chicken Goujon Wrap	Chicken & Broccoli Bake	Chicken Fajitas
	Hot Dog	Chicken Curry	Beef Burger	Baked Chicken Tenders W/ Wholegrain Breadcrumbs	Fish Tacos with Wholewheat Tortillas
VEGGIE	Vegetarian Curry	Mac & Cheese	Tomato & Basil Gnocchi	Baked Potato	Veggie Burger
SIDES	Rice	Rice	Sweet Potato Wedges	Creamy Mash	Brown Rice
	Steamed Veg	Chips	Mixed Leaf Salad	Steamed Veg	Shredded Lettuce & Tomato
	Mixed Salad	Chopped Salad	Garlic Bread Sticks	Crusty Bread	Fresh Tomato Salsa



SNACKS

Assorted Sandwiches | Salad Box





WEEKLY MENU 3



BREAKFAST

Apple & Cinnamon Overnight Oats | Fruit | Cereal
Croissant | Bagel | Pancake | Homemade Scone
Breakfast Bap (Bacon or Sausage)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Savoury Mince Steak Burger	Chicken Curry Pizza	Shepherd's Pie Hot Dog	Chicken Tender Wrap Breaded Cod	Home Made Meatballs in a Tomato Sauce BBQ Pork Steak
VEGGIE	Cauliflower Cheese	Roasted Vegetables	Veggie Burger	Italian Pasta	Tomato & Mushroom Pasta
SIDES	Creamy Mash Steamed Green Veg Chopped Veg Salad	Rice Sweet Potato Wedges Carrot Sticks W/ Garlic Sauce	Rice Roast Veg Chopped Salad	Garlic Potato Cubes Pasta Peas	Penne Pasta Noodles Steamed Mixed Veg



SNACKS

Assorted Sandwiches | Salad Box





WEEKLY MENU 4



BREAKFAST

Apple & Cinnamon Overnight Oats | Fruit | Cereal
Croissant | Bagel | Pancake | Homemade Scone
Breakfast Bap (Bacon or Sausage)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Curry Bbq Pulled Pork Bap	Lasagne Chicken Burger (Salad & Tomato)	Ham Mac & Cheese W/ Parmesan Beef Burger (Salad & Tomato)	Hot Dogs Chicken Tagliatelle	Chicken Broccoli Gratin Fish Coujons
VEGGIE	Broccoli Pesto Pasta Sauce	Veggie Burger	Squash Mac & Cheese w/ Parmesan	Tomato & Basil Pasta Sauce	Vegetable Curry
SIDES	Pasta Rosemary & Garlic Potato Cubes Slaw	Rice Garlic Toasts Mixed Leaf Salad	Potato Wedges Roasted Veg Tomato & Cucumber Salad	Penne Pasta French Fries Chopped Salad	Chips Shredded Veg Salad Peas



SNACKS

Assorted Sandwiches | Salad Box

