



MENU - WEEK ONE

MONDAY

MAIN MEALS

Beef Sausages and Mash with Broccoli and Cauliflower Medley

Quorn Sausages and Mash with Broccoli and Cauliflower Medley

LITE BITES

Chicken Tandoori Flatbread

TUESDAY

MAIN MEALS

Chicken Korma with Rice, Mango Chutney and Sweetcorn Salad

Vegetable Paella with Mixed Salad

LITE BITES

Layered Salad

WEDNESDAY

MAIN MEALS

Cottage Pie with Mixed Vegetables

Vegetarian Lasagne with Crusty Bread and Mixed Vegetables

LITE BITES

BBQ Chicken Wrap

THURSDAY

MAIN MEALS

Roast Chicken with Roast Potatoes, Gravy and Autumnal Root Vegetables

Roasted Vegetable Roulade with Mashed Potatoes, Gravy and Autumnal Root Vegetables

LITE BITES

Pasta Salad

FRIDAY

MAIN MEALS

Fish and Chips with Peas and Baked Beans

Samosa with Chips, Curry Sauce and Peas

LITE BITES

Steamed Salmon with
Homemade Sauce



MENU - WEEK TWO

MONDAY

MAIN MEALS

Cheddar Cheese Macaroni with Mixed Salad

Vegetable Kebabs Pitta with Hummus and Crisp Cabbage Salad

LITE BITES

BBQ Chicken Wrap

TUESDAY

MAIN MEALS

Chicken and Vegetable Kebabs with Naan and Carrot Batons

Cheese and Tomato Quiche with New Potatoes and Carrot Batons

LITE BITES

Pasta Pots

WEDNESDAY

MAIN MEALS

Beef Bolognese with Pasta and Italian Salad

Vegetable Risotto and Broccoli Salad

LITE BITES

Maple and Sweet Chilli

Chicken Flatbread

THURSDAY

MAIN MEALS

Roast Beef with Roast Potatoes, Gravy and Winter Cabbage Medley

Quorn Fillet Roast with Roast Potatoes, Gravy and Winter Cabbage Medley

LITE BITES

Chicken Drumsticks with Rice

FRIDAY

MAIN MEALS

Fish Fingers with Chips, Peas and Baked Beans

Vegetable Calzone with Wedges and Slaw

LITE BITES

Steamed Salmon with

Homemade Sauce



MENU - WEEK THREE

MONDAY

MAIN MEALS

Beef Madras with Rice, Naan and Coriander Sweetcorn Salad

Quorn Sausage Dog with Potato Salad and Sweetcorn Salsa

LITE BITES

Tikka Chicken Wrap

TUESDAY

MAIN MEALS

Honey BBQ Chicken Drumsticks with Rice and Coleslaw

Creamy Veggie Enchilada with Rice Coriander Slaw

LITE BITES

Layered Salads

WEDNESDAY

MAIN MEALS

Lamb Kofta Pitta with Potato Salad

Cheese and Red Onion Tart with New Potatoes, Gravy and Mixed Salad

LITE BITES

Chicken and Salad Flatbread

THURSDAY

MAIN MEALS

Roast Chicken with Roast Potatoes, Gravy and Harvest Vegetables

Vegetable Hot Pot with Harvest Vegetables

LITE BITES

Chicken Wings with Rice

FRIDAY

MAIN MEALS

Breaded Fish with Chips, Peas and Baked Beans

Chick Pea Curry with Chips, Peas and Baked Beans

LITE BITES

Steamed Salmon with
Homemade Sauce



MENU - WEEK FOUR

MONDAY

MAIN MEALS

Chicken Chow Mein with Sweetcorn Medley

Spinach and Ricotta Pasta Bake with Mixed Salad and Crusty Bread

LITE BITES

BBQ Chicken Flatbread

TUESDAY

MAIN MEALS

Chicken Kebab in Pitta with Golden Rice and Vegetable Stir-fry

Texas BBQ Quorn with Rice and Jalapeno Slaw

LITE BITES

Pasta Salad

WEDNESDAY

MAIN MEALS

Italian Beef Lasagne with Crusty Bread

5 Bean Chilli with Guacamole, Sour Cream and Rice

LITE BITES

Maple and Sweet Chilli

Chicken Wrap

THURSDAY

MAIN MEALS

Roast Beef with Roast Potatoes, Gravy and Roasted Root Vegetables

Shepherdess Pie with Sweet Potato Mash and Roasted Root Vegetables

LITE BITES

Chicken Drumsticks with Rice

FRIDAY

MAIN MEALS

Breaded Salmon with Chips, Peas and Baked Beans

Quorn Sausage Roll with Chips, Peas and Baked Beans

LITE BITES

Steamed Salmon with

Homemade Sauce