

LUNCHES

WEEK 1

Monday

Bacon and red onion pasta.
Followed by thick
and creamy yoghurt with coulis.

Tuesday

Chicken and fresh ratatouille
served with mixed rice.
Followed by lemon and orange sponge.

Wednesday

Chicken chasseur served with new
potatoes.
Followed by melon slices.

Thursday

Cauliflower, aubergine and
chickpea curry served with rice.
Followed by jelly.

WEEK 2

Monday

Chicken curry: mild coconut curry with
peas and baby corn.
Followed by peach and pear slices
and chilled custard.

Tuesday

Cottage pie: minced beef, diced carrots,
peas, onions and swede in a herbed gravy
served with mashed potato.
Followed by apple cobbler.

Wednesday

Fish curry: hake in a fragrant korma sauce
served with mixed rice.
Followed by fruit salad.

Thursday

Fusilli Bolognese served
with a side of grated cheese.
Followed by farm yoghurts.

WEEK 3

Monday

Vegan chilli: lentils, beans, peppers,
onions and courgette in a chilli sauce
served with rice.
Followed by farm fruit yoghurts.

Tuesday

Creamy macaroni cheese
served with peas.
Followed by fruity shortbread.

Wednesday

Bacon, cauliflower and broccoli gratin.
Followed by bananas and chilled custard.

Thursday

Spring chicken casserole: chicken breast,
potato and fresh spring vegetables
in a herby tomato sauce.
Followed by melon slices.

