

Menu



October 28th

MONDAY

Honey mustard chunks served with herby potato halves &
pan fried broccoli

Chicken (M) Quorn chicken (V) braised greens (S)

TUESDAY

Pollock with spiced lentils & kale

Wednesday

Cajun strips with tomato rice & fried sweet potato
Turkey (M) mixed veggies (V) Cauliflower rice (S)



THURSDAY

Classic Stroganoff

Beef (M) Mushroom (V) Lentil pasta (S)

FRIDAY

Coconut Quinoa curry with basmati rice
Chicken (M) Chickpea (V) Cauliflower rice (S)



Menu



November 4th

MONDAY

Broccoli, potato & beetroot traybake with lemon pepper
Chicken (M) Quorn Chicken (V) Peppers (S)

TUESDAY

Prawn & lemon noodles with soy & chilli

WEDNESDAY

Mildly spiced stew with fluffy white rice
Chicken wing (M) Veggie (V) Cauliflower rice (S)

THURSDAY

Hawaiian pineapple with butternut squash and greens
Pork (M) Broccoli (V)

FRIDAY

Mildly spiced spinach & cauliflower curry with basmati rice
Chicken (M) Cauliflower rice (S)



Menu



November 11th

MONDAY

Classic roast, thyme & rosemary potatoes, honey parsnips
& carrots with stuffing, peas and gravy
Chicken (M) Butternut squash (V)

TUESDAY

Prawn & cod linguine with a herby lemon butter

WEDNESDAY



Sausage tray bake with pepper, onions & potato
Linda McCartney sausages (V) broccoli (S)

THURSDAY

Spicy Thai basil chicken with white rice
Quorn Chicken Pieces (V) Broccoli rice (S)

FRIDAY

Fish laksa coconut curry with jasmine rice (V)
Cauliflower rice (S)



Menu



November 18th

MONDAY

Bangers and mash with onion pepper gravy
Vegetarian sausages (V) Carrot mash (S)

TUESDAY

Chunks of lemon & pepper white fish with a baked
tomato, spinach and courgettes

WEDNESDAY

Middle eastern Turkish kebabs with yellow sultana rice
Vegetarian Kebabs (V) Vegetarian cauliflower rice (S)

THURSDAY

Honey Soy bites with braised cabbage & white rice
Chicken drumsticks (M) Tofu (V) Cauliflower Rice (S)

FRIDAY

Keema with basmati rice & dahl
Mince (M) Paneer (V) Broccoli Rice (S)

