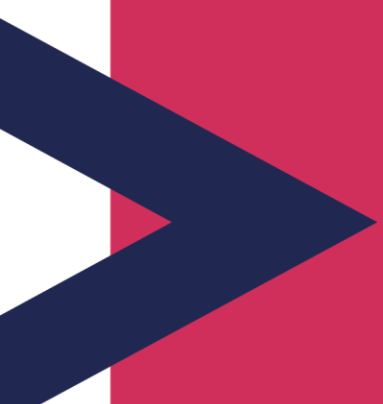


Innovate

Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Quorn Cottage Pie	Sweet & Sour Chicken	Roast Pork With Apple Sauce	Chicken Tikka Marsala	Battered Cod or Sausages & Chips
VEGETARIAN MEAL	Roasted Vegetable Ratatouille	Chinese Vegetable Stir Fry	Lentil & Vegetable Bake	Coconut Dahl (ve)	Vegetable Hot Dog or Burger
CARBS VETABLE SIDES	Mashed potatoes Seasonal Vegetables	Egg Fried Rice Broccoli Bites	Seasonal vegetable medley Roast Potatoes	Basmati Rice & Naan Bread	Garden Peas, Baked Beans
TEPPAN GRILL	Vegetable Noodle Stir Fry	Chicken Brochette	Theo's Chicken Filled Wraps with Naked Slaw	Vegi Hot Dogs	Chips or Jacket Potatoes
PASTA OF THE DAY DESSERT	Mascarpone Basil & Tomato Pasta Fruit Salad	Mac & Cheese Eton Mess	Herby Tomato Pasta Oaty Peach Crumble	Carbonara pasta Fruit Muffin	Fruit Yoghurt



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Week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mexican Quorn Chilli Burritos	Spanish Style Meatballs	Roast Gammon	Creamy Chicken Madras	Battered Cod Or Sausages
VEGETARIAN MEAL	Falafel filled Khobez Bread with Yoghurt & Mint Dressing	Spinach & Potato Frittata	Vegetable sausages	Coconut Dahl (ve)	Cheese & onion Slice
CARBS & VEGEATBLE SIDES	Mediterranean Vegetable Cous Cous	Rice Garden salad	Savoy Cabbage & Baton Carrots	Basmati Rice & Coriander Naan Bread	Garden Peas, Baked Beans
TEPPAN GRILL	Sweet Chilli Noodle Stir Fry	The Big V Burger (ve)	Theo's Chicken Filled Naan	Hoi sin Vegetable stir Fry	Chips or Jacket Potatoes
PASTA OF THE DAY DESSERT	Pomodoro Jam Sponge & Custard	Mac & Cheese Strawberry Mousse	Meatball Mariana Chocolate Brownie	Chicken & Chorizo Pasta Fruit Salad	Frozen Yoghurt



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Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Spicy 5 Bean Chilli	Beef Lasagne	Roast Chicken	Creamy Chicken Masala	Battered Cod Or Sausages & Chips
VEGETARIAN MEAL	Quorn Chilli (ve)	Roasted Mediterranean Vegetable Lasagne	Herb Crusted Cauliflower Cheese bake	Coconut Dahl (ve)	Loaded V Burger (ve)
VEGETABLES & CARBS	Vegetable Rice & Cheesy Nachos	Green Salad, Garlic Bread	Broccoli & Carrots, Roast Potatoes	Basmati Rice and Naan	Garden Peas, Baked Beans
TEPPAN GRILL	Chinese Vegetable Stir Fry	Spicy Chicken in warm Khobez Bread	BBQ Chicken & Rice stir Fry	Chorizo Quesadillas	Loaded V Burger (ve)
PASTA OF THE DAY	Mac n' Cheese Crispy Kale topping	Pomodoro	Carbonara	Tomato & Meatball Pasta	Ice Cream Tub
DESSERT	Piece of Fruit	Chocolate sponge & Custard	Apple Crumble	Cheesecake	



*Innovate*



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN MEAL</b>					
<b>VEGETARIAN MEAL</b>					
<b>CARBS</b>					
<b>VEGETABLES</b>					
<b>DESSERT</b>					

