

Week Four

Monday

Vegetable soup

Pasta puttanesca

Mushroom
stroganoff

Vegetable & tofu
fajita (V+)

Cauliflower

Peas

New potatoes

Tuesday

Broccoli & stilton
soup

Beef bolognese
pasta

Finger of fish

Tuscan bean
stew (V+)(GF)

Broccoli

Sweetcorn

Roast potatoes

Wednesday

Sweetcorn chowder

Sweet & sour
chicken

Beef in black bean
sauce stir fry

Spring roll & curry
sauce (V+)

Mixed vegetables

Fried rice

Chips

Thursday

Broth

Chilli chicken fajita

Thai basil pork

Red lentil &
cauliflower curry (V+)
(GF)

Sweetcorn/peas

Beans

Wedges

Friday

Tomato soup

Breaded fish

Chicken gyros

Stir fried
vegetables in black
bean sauce
(VG)(GF)

Mushy peas

Sliced carrots

Wedges

(V+) Vegan
(GF) Gluten free