



# Weekly menu

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Spinach & Potato Gratin

Cajun Chicken with Rice & Peas

Lentil, Vegetable & Potato Strudel (Vegan)

Beef Fajita with Brown Rice

Friday Catch Breaded Cod with Tomato Sauce

Roasted Vegetables with Moroccan Cous Cous (Vegan)

Courgette & Chickpea Stew with Brown Rice

Fish Pie topped with Puff Pastry & New Potatoes

Pesto Linguine (Vegan)

Veggie Pattie with Chips (Vegan)

Jacket Potato with Choice of Fillings

Pasta with Tomato & Herb Sauce

Jacket Potato with Choice of Fillings

Pasta with Tomato & Garlic Sauce

Pasta Arrabbiata

Fresh Fruit or Yoghurt

Fresh Fruit or Yoghurt

Fresh Fruit or Yoghurt or Cheese & Biscuits

Fresh Fruit or Yoghurt

Fresh Fruit or Yoghurt

### Available daily

Choice of 2 Seasonal Vegetables, Selection of Seasonal Salads, Freshly Baked Wholemeal Bread.