

## MONDAY

<b>MAIN MEAL</b>	Beef Lasagne with Garlic Bread
<b>VEGAN MEAL</b>	Roasted Squash & Basil Risotto <b>Ve</b>
<b>SIDES</b>	Carrots & Green Beans <b>Ve</b>
<b>DESSERT</b>	Chocolate & Beetroot Sponge <b>V</b>

## TUESDAY

<b>MAIN MEAL</b>	Chicken Tikka Masala with Rice
<b>VEGAN MEAL</b>	Chargrilled Vegetable Quesadilla with Rice <b>Ve</b>
<b>SIDES</b>	Lentil Dhal & Broccoli <b>Ve</b>
<b>DESSERT</b>	Courgette & Orange Cake <b>V</b>

## WEDNESDAY

<b>MAIN MEAL</b>	Gammon with Orange & Herb Glaze with Roasted Potatoes & Gravy
<b>VEGAN MEAL</b>	Spiced Moroccan Chickpea Curry with Lemon Couscous <b>Ve</b>
<b>SIDES</b>	Green Cabbage & Carrots <b>Ve</b>
<b>DESSERT</b>	Ice Cream with Fruit <b>V</b>

## THURSDAY

<b>MAIN MEAL</b>	Beef Burger in a Bun
<b>VEGAN MEAL</b>	Crispy Chickpea Burger in a Bun <b>Ve</b>
<b>SIDES</b>	Sweetcorn & Coleslaw <b>Ve</b>
<b>DESSERT</b>	Apple & Oat Crumble <b>V</b>

## FRIDAY

<b>MAIN MEAL</b>	Battered Fish with Homemade Tomato Ketchup & Chips
<b>VEGAN MEAL</b>	Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla & Chips <b>Ve</b>
<b>SIDES</b>	Baked Beans & Peas <b>Ve</b>
<b>DESSERT</b>	Chocolate & Carrot Brownie <b>V</b>

### WEEK 1 - S

31ST AUG, 21ST SEP, 12TH OCT, 2ND NOV, 23RD NOV, 14TH DEC, 4TH JAN, 25TH JAN,  
15TH FEB, 8TH MAR, 29TH MAR

All products are subject to availability.

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HONESTLY GOOD FOOD

## MONDAY

<b>MAIN MEAL</b>	Mexican Chicken Fajitas
<b>VEGAN MEAL</b>	Mexican 5 Bean & Vegetable Tostado with Pomegranate <b>Ve</b>
<b>SIDES</b>	Coleslaw & Carrots <b>Ve</b>
<b>DESSERT</b>	Sticky Toffee Pudding <b>V</b>

## TUESDAY

<b>MAIN MEAL</b>	Classic Spaghetti Beef Bolognese
<b>VEGAN MEAL</b>	Sweet Potato Topped Vegetable Pie <b>Ve</b>
<b>SIDES</b>	Peas & Cauliflower <b>Ve</b>
<b>DESSERT</b>	Carrot & Ginger Sponge <b>V</b>

## WEDNESDAY

<b>MAIN MEAL</b>	Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy
<b>VEGAN MEAL</b>	Mediterranean Vegetable Tart <b>Ve</b>
<b>SIDES</b>	Carrots & Green Cabbage <b>Ve</b>
<b>DESSERT</b>	Chocolate Orange Cheesecake <b>V</b>

## THURSDAY

<b>MAIN MEAL</b>	Cumberland Sausages with Mashed Potatoes & Onion Gravy
<b>VEGAN MEAL</b>	Vegetarian Sausages with Steamed New Potatoes <b>Ve</b>
<b>SIDES</b>	Roasted Seasonal Vegetables & Sweetcorn <b>Ve</b>
<b>DESSERT</b>	Peach Sponge Cake <b>V</b>

## FRIDAY

<b>MAIN MEAL</b>	Battered Fish with Homemade Tomato Ketchup & Chips
<b>VEGAN MEAL</b>	Falafel & Carrot Wrap with Salsa & Chips <b>Ve</b>
<b>SIDES</b>	Baked Beans & Peas <b>Ve</b>
<b>DESSERT</b>	Banana Flapjack <b>Ve</b>

WEEK 2 - S  
7TH SEP, 28TH SEP, 19TH OCT, 9TH NOV, 30TH NOV, 21ST DEC, 11TH JAN,  
1ST FEB, 22ND FEB, 15TH MAR

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HONESTLY GOOD FOOD

## MONDAY

<b>MAIN MEAL</b>	Beef & Vegetable Cottage Pie
<b>VEGAN MEAL</b>	Jackfruit Katsu Curry with Rice <b>Ve</b>
<b>SIDES</b>	Broccoli & Mixed Salad <b>Ve</b>
<b>DESSERT</b>	Caramelised Pineapple Sponge <b>V</b>

## TUESDAY

<b>MAIN MEAL</b>	Mild Jerk Chicken with Rice & Peas
<b>VEGAN MEAL</b>	Vegetarian Spicy Special Fried Rice <b>Ve</b>
<b>SIDES</b>	Sweetcorn <b>Ve</b>
<b>DESSERT</b>	Apple Pie Cinnamon Roll <b>V</b>

## WEDNESDAY

<b>MAIN MEAL</b>	Roast Chicken with Roasted Potatoes & Gravy
<b>VEGAN MEAL</b>	Tofu & Vegetable Noodle Stir Fry <b>Ve</b>
<b>SIDES</b>	Cauliflower & Peas <b>Ve</b>
<b>DESSERT</b>	Ice Cream with Fruit <b>V</b>

## THURSDAY

<b>MAIN MEAL</b>	Chicken & Sweetcorn Meatballs in a Sweet & Sour Sauce with Noodles
<b>VEGAN MEAL</b>	Pitta Pizza topped with Houmous & Roasted Vegetables <b>Ve</b>
<b>SIDES</b>	Green Beans <b>Ve</b>
<b>DESSERT</b>	Chocolate Shortbread Biscuit <b>Ve</b>

## FRIDAY

<b>MAIN MEAL</b>	Battered Fish with Homemade Tomato Ketchup & Chips
<b>VEGAN MEAL</b>	Homemade Crispy Vegetable Nuggets with Chips <b>Ve</b>
<b>SIDES</b>	Baked Beans & Peas <b>Ve</b>
<b>DESSERT</b>	Lemon Drizzle Cake <b>V</b>

WEEK 3 - S  
14TH SEP, 5TH OCT, 26TH OCT, 16TH NOV, 7TH DEC, 28TH DEC, 18TH JAN,  
8TH FEB, 1ST MAR, 22ND MAR

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HONESTLY GOOD FOOD