

Annex A – Illustrative Core Menu

Lunch Week 1							Lunch Week 2						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Chicken Tagine	Pork Char Sui	Chilli Con Carne	Sausage & Onion Casserole	Provencale Topped Cod Steak	Minted Lamb Kebab	Spanish Meatballs	Paprika Baked Chicken Leg	Shepherds Pie	Chicken Ratatouille Pasta	Herb Crumbed Chicken	Parsley Breadcrumbs Haddock	Chicken & Red Pepper Pasta	Kedgeree
Lasagne Al Forno	Homemade Beef & Mushroom Pie	Chicken Breast Burger In A Salad Bap	Chilli Salmon Burger	Battered Fillet of Haddock	Pork Escalopes & Salsa	Chicken Burrito	Brazilian Style BBQ Beef Kebabs	Chicken Chasseur	Lancashire Hot Pot	Italian Tuna Meatballs	Salmon fishcakes & Sweet Chilli Sauce	Pork & Pepper Pasta Bake	Assorted Omelettes
Roasted Stuffed Peppers	Roast Lentil & Vegetable Loaf	Falafel Burger In a Salad Bap	Quorn Sausage Apple Casserole	Mushroom & Spinach Filo Quiche	Quorn Chilli	Roasted Vegetable Frittata	Ghurka Style Omelette & Curry Sauce	Eggs & Spicy Ratatouille	Houmous & Grilled Vegetable Wrap	Mushroom Stroganoff	Quorn Lasagne	Spaghetti & Chickpeas in Spicy Tomato Sauce	Cheese & Tomato Quiche
Chips	Egg Noodles	Boiled Brown Rice	Wholegrain Mustard Mashed Potato	Oven Baked Sweet Potato Wedges	Mixed Rice	Potato Bravas	Cous Cous & Roasted Vegetables	Savoury Brown Rice	Oven Baked Potato Wedges	Mediterranean Cous Cous & Chickpeas	Chips	Garlic Bread	Baked Jacket Potato
Apricot Cous Cous	Boiled New Potatoes	Oven Baked Potato Wedges	Oven Baked Hot Spicy Potato Wedges	Chips	Parsley Boiled Potatoes	Tomato Rice	Saute Potatoes	Boiled New Potatoes	Mashed Potatoes	Boiled Rice	Baked Jacket Potato	Penne Pasta	Parsley Boiled Potatoes
Roasted Vegetables	Boiled Garden Peas	Boiled Peas & Sweetcorn	Green Beans	Mushy Peas	Steamed Broccoli	Saute Onions & Peppers	Sweetcorn	Baked Beans	Steamed/Boiled Baton Carrots	Grilled/Roasted Italian Vegetable Medley	Garden Peas	Baked Beans	Green Beans
Boiled Garden Peas	Mixed Vegetables	Red Coleslaw	Roasted Carrots	Sweetcorn	Saute Mixed Vegetables	Boiled Garden Peas	Grilled Tomatoes	Boiled Garden Peas	Saute Courgettes	Garden Peas	Mixed Vegetables	Steamed Broccoli	Baton Carrots
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
-Gravy	Gravy	Tzatsiki	Gravy	Gravy & Curry Sauce	Gravy	Tomato Salsa	Curry Sauce	Gravy	Gravy	Tomato Salsa	Gravy & Curry Sauce	Gravy	Gravy
Chicken, Avocado & Cous Cous Salad	Tuna Pasta Salad	Pork Salad	Beef Salad	Tangy Hot Chicken Salad	Warm Chicken & Lentil Salad	Roast Chicken Salad	Mixed Bean Salad	Tuna Pasta Salad	Asian Chicken Noodle Salad	Egg Salad	Moroccan Lentil Salad	Chicken, Avocado & Cous Cous Salad	Spicy Roasted Squash & Leaf Salad
Italian Meatball White / Wholemeal Baguette	Philly Cheese Steak White / Wholemeal Baguette	Chicken Caesar White / Wholemeal Baguette	Ham & Tomato & Salad White / Wholemeal Baguette	Tuna Mayonnaise White / Wholemeal Baguette	BLT Wrap	Italian Steak White / Wholemeal Baguette	Chicken Caesar White / Wholemeal Baguette	Grilled Chicken Pesto & Tomato Wrap	Ham & Chicken White / Wholemeal Baguette	Chicken Fajita Wrap	Beef Fajita Wrap	Spicy Prawn Pitta	Tuna Mayonnaise White / Wholemeal Baguette
Grilled Chicken Pesto & Tomato Wrap	Lemon Turkey Pitta	Roast Beef & Salad White / Wholemeal Baguette	Cheese & Red Onion White / Wholemeal Baguette	Chicken Fajita Wrap	Roast Chicken White / Wholemeal Baguette	Turkey Fajita Wrap	Sliced Beef & Salad Pitta	Philly Cheese Steak White / Wholemeal Baguette	Grilled Lamb & Salad Pitta	Roast Beef & Salad White / Wholemeal Baguette	Ham & Chicken White / Wholemeal Baguette	Ham & Salad White / Wholemeal Baguette	BLT Wrap
Cheese & Pickle White / Wholemeal Baguette	Curried Egg Salad White / Wholemeal Baguette	Houmous & Grilled Vegetable Wrap	Egg Mayonnaise & Salad White / Wholemeal Baguette	Ham & Salad Pitta	Cheese & Tomato White / Wholemeal Baguette	Cheese & Pickle White / Wholemeal Baguette	Egg & Cress White / Wholemeal Baguette	Cheese & Pickle White / Wholemeal Baguette	Curried Egg Salad White / Wholemeal Baguette	Houmous & Grilled Vegetable Wrap	Roasted Vegetable & Mozzarella Baguette	Egg Mayonnaise & Salad White / Wholemeal Baguette	Cheese & Pickle White / Wholemeal Baguette
Grilled Vegetables & Sausage Jacket Potato	Chicken Balti Jacket Potato	Bacon & Spicy Bean Jacket Potato	Baked Beans & Cheese Jacket Potato	5 Bean Chilli Jacket Potato	Prawn & Avocado Jacket Potato	Beef Chilli Jacket Potato	Jacket Potato & Tuna Mayonnaise	Coronation Chicken Jacket Potato	Tuna Mayonnaise Jacket Potato	Baked Beans Jacket Potato	Chilli Chicken Jacket Potato	Beef & Black Bean Sauce Jacket Potato	Quorn Chilli Jacket Potato
Jacket Potato & Tuna Mayonnaise	Baked Beans & Cheese Jacket Potato	Jacket Potato & Cheese	Jacket Potato & Coleslaw	Jacket Potato & Cheese	Baked Beans Jacket Potato	Baked Beans & Cheese Jacket Potato	Baked Beans Jacket Potato	Jacket Potato & Coleslaw	Jacket Potato & Cheese	Jacket Potato & Egg Mayonnaise	Jacket Potato & Coleslaw	Jacket Potato & Tuna Mayonnaise	Baked Beans Jacket Potato
Baked Beans Jacket Potato	Jacket Potato & Coleslaw	Jacket Potato & Tuna Mayonnaise	Chicken & Pesto Jacket Potato	Jacket Potato & Tuna Mayonnaise	Jacket Potato & Coleslaw	Jacket Potato & Cheese	Garlic Mushrooms Jacket Potato	Baked Beans & Cheese Jacket Potato	Spiced Chickpea Baked Sweet Potato	Beef Fajita Jacket Potato	Baked Beans & Cheese Jacket Potato	Jacket Potato & Cheese	Jacket Potato & Egg Mayonnaise

2 Slices Wholemeal Bread & low fat spread
 Tea, Coffee or Semi-Skimmed Milk with sugar/sweeteners provided
 Unlimited Water and a Selection of Cordials

Annex A – Illustrative Core Menu

Dinner Week 1							Dinner Week 2						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Chunky Vegetable Soup	Curried Lentil Soup	Chicken Chilli Soup	Pea, Ham & Lentil Soup	Asian Sweetcorn Soup	Fresh Tomato & Basil Soup	Minestrone Soup	Cream of Chicken Soup	Leek & Potato Soup	Hearty Pasta Soup	Carrot & Coriander Soup	Spicy Tomato & Bean Soup	Mushroom Soup	Thai Green Chicken Soup
Butterflied Pork Steaks & Mushroom Sauce	Cajun Spiced Cod	Spanish Chicken Bake	Lamb Bhuna	Mediterranean Chicken & Roasted Vegetables	Cajun Roast Chicken Breast	Roast Beef & Yorkshire Pudding	Spicy Italian Pork Chops	Ham Spaghetti Carbonara	Herbed Lamb Cutlets	Chicken Chow Mein	Pork Fajitas	Cajun Chicken Skewers	French Roast Lamb & Mint Sauce
Chicken Cacciatore	Moussaka	Spanish Omelette	Beef Madras	Stir Fried Beef & Black Bean Sauce	Grilled Ribeye Steak & Tomato	Thyme & Lemon Roasted Chicken	Spanish Chicken Bake	Grilled Pork Steak & Lemon & Black Pepper Sauce	Seafood Jambalaya	Sweet Chilli Crispy Beef	Steak Burrito	Baked Salmon Steak & Chive Butter	Cajun Roast Chicken Breast
Quorn & Mushroom Fricassee	Lentil Meadow Pie	Veggie Spanish Tortilla	Vegetable Biryani & Curry Sauce	Mixed Bean Goulash & Dumplings	Vegetable Filo Parcel	Quorn Lasagne	Spinach & Ricotta Cannelloni	Chunky Vegetable Hotpot	Quorn Bolognese	Quorn Szechuan	Mexican Vegetable Burrito	Quorn, Vegetable & Sweet Potato Pie	Lentil Casserole
Parsley Boiled Potatoes	Crusty Garlic & Herb Roasted Potatoes	Potato Bravas	Basmati Rice	Egg Noodles	Baked Sweet Potato	Garlic Roast Potatoes	Oven Baked Potato Wedges	Garlic Bread	Minted New Potatoes	Sweet Chilli Noodles	Tomato Rice	Oven Baked Potato Wedges	Garlic Roast Potatoes
Boiled Rice	Wholewheat Citrus Cous Cous	Boiled Brown Rice	Naan Bread	Baked Jacket Potato	Crushed New Potatoes	Boiled New Potatoes	Boiled Brown Rice	Spaghetti	Spaghetti	Egg Fried Brown Rice	Nacho Chips & Salsa	Savoury Rice	Minted New Potatoes
Green Beans	Honey Roasted Parsnips	Roasted Carrots & Rosemary	Onion Bhaji	Steamed Broccoli	Garden Peas	Honey Roasted Carrots	Steamed/Boiled Sliced Green Beans	Steamed/Boiled Baton Carrots	Vegetable Kebab & Tomato Sauce	Stir Fried Bean Sprouts & Vegetables	Sweetcorn	Saute Onions & Mushrooms	Roasted Root Vegetables
Steamed Broccoli	Steamed/Boiled Cauliflower	Steamed Cabbage	Chana Dhal	Green Beans	Sweetcorn	Mixed Vegetables	Saute Leeks	Steamed/Boiled Savoy Cabbage	Roasted Carrots & Rosemary	Green Beans	Saute Onions & Peppers	Garden Peas	Boiled Peas & Sweetcorn
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
-	Cajun Sauce	-	Raita	-	Pepper Sauce	Gravy	Gravy	Jaeger Sauce	Mint Sauce	Sweet & Sour Sauce	Salsa & Sour Cream	Gravy	Gravy
Beef Salad	Tuna Salad	Grilled Salmon Salad	Roast Chicken Salad	Warm Chickpea Salad	BLT Pasta Salad	Pork Salad	BLT Pasta Salad	Chicken, Avocado & Cous Cous Salad	Asian Sweet Potato Salad	Chicken & Rice Salad	Szechuan Beef Noodle Salad	Beef Salad	Chicken Pasta Salad
Pear Crumble & Custard	Peach Cobbler & Custard	Peach & Almond Tart & Custard	Jam & Coconut Sponge & Custard	Peach Clafoutis & Custard	Rhubarb Crumble & Custard	Mixed Fruit Pie & Custard	Apple Turnover & Custard	Pineapple Upside Down Sponge & Custard	Rice Pudding & Pears	Banana Fritters & Syrup	Chocolate Orange Sponge & Chocolate Sauce	Dutch Apple Pie & Custard	Peach Cobbler & Custard
Baked Rice Pudding	Apple & Blackcurrant Pie & Custard	Spotted Dick & Custard	Rice Pudding & Stewed Plums	Bread & Butter Pudding & Custard	Chocolate Brownies	Jam Roly Poly & Custard	Warm Egg Custard Tart & Custard	Apple & Cinnamon Fritters	Red Cherry Pancakes	Baked Apples & Dates, Cinnamon & Ginger & Ice Cream	Apple & Cherry Pie & Custard	Pineapple & Coconut Sponge & Custard	Spotted Dick & Custard
Fruit Trifle	Plum Fool	Red Cherry Cheesecake	Ice Cream	Lemon Cheesecake	Apple Meringue Flan	Chocolate & Orange Mousse	Plum Fool	Fruit Trifle	Fresh Fruit Salad	Crème Caramel	Mandarin Cheesecake	Apple Meringue Flan	Profiteroles & Chocolate Sauce
Fresh Fruit Salad	Yoghurt & Fruit Salad	Assorted Yoghurts	Fruit Salad	Assorted Yoghurts	Fruit Cocktail	Assorted Yoghurts	Fresh Fruit Salad	Fruit Cocktail	Assorted Yoghurts	Assorted Whole Fruit	Assorted Whole Fruit	Fresh Fruit Salad	Fruit Cocktail

Tea or Coffee, Semi-Skimmed Milk and Sugar, Sweeteners to be Provided
 Unlimited Water and a Selection of Cordials.