

MAIN MEALS

- Beef Cottage Pie with sliced carrots
- Roast Chicken in gravy with stuffing ball, roast potatoes & mixed vegetable (HC)
- Chicken Korma with basmati rice
- Fish, chips & peas (HC)
- Cauliflower & Broccoli Pasta (V)
- Macaroni Cheese (V)
- Cheese Omelette with mashed potato & baked beans (V)
- Vegetable Jalfrezi with basmati rice (V)
- Jacket Potato with Cheese (V)
- Jacket Potato with Tuna (HC)

SANDWICHES with a packet of crisps

Available on white or wholemeal bread

- Egg Mayonnaise (V)
- Ham
- Cheese (V)
- Tuna Mayonnaise (HC)

SALADS

- Ham Salad
- Cheese Salad (V)
- Tuna Salad (HC)

DESSERTS

- Sultana & Raisin Bag (HC)
- Light Fruit Yogurt (HC V)
- Thick & Creamy Yoghurt (V)
- Cheese & Biscuits (V)

Level 4 PUREED

- Beef Stew & dumplings with mashed potato, green beans & carrots
- Roast Lamb & Mint with mashed potato, broccoli & carrots
- Halal Chicken Curry
- Halal Beef Chilli con Carne
- Hearty Bean & Vegetable Casserole with mashed potato, broccoli, parsnip & Swede (V)

ALLEREGN AWARE MEALS

- Beef Casserole with new potatoes, sweetcorn & beans
- Chicken casserole with parmentier potatoes, cauliflower & green beans
- Ratatouille with rice & peas (V)

VEGAN MEALS

- Bean goulash with roast potatoes, mixed vegetables & carrots
- Mediterranean stew with parmentier potatoes, sweet & cauliflower
- Lentil dahl with rice

LOW POTASSIUM MEALS

- Battered fish, chips & peas
- Chicken casserole with diced potatoes & peas
- Vegetable masala, lentil dahl & rice (V)

Level 5 MINCE & MOIST

- Beef Stew & dumplings with mashed potato & carrots
- Chicken & stuffing with mashed potato & buttered swede
- Lamb casserole with minted potato & swede
- Lentil bolognese with mashed potato, carrot & swede (V)

Level 6 SOFT & BITE SIZE

- Beef Stew & dumplings with mashed potato & carrots
- Chicken & stuffing with mashed potato & buttered swede
- Lamb casserole with minted potato & swede
- Lentil bolognese with mashed potato, carrot & swede (V)

HC – Healthier Choice
V - Vegetarian