

	Region1 Area : Central Foundation				
	FOOD FOR LIFE LEVEL: Bronze Secondary Menu Proposal				
	HALAL: Halal				
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1:					
Chef's Special	Jerk Chicken Rice & Peas	Chilli Con Carne with Paprika and Garlic Wedges	Roast Chicken with Roast Potatoes and Gravy	Chicken Meatballs with Tagine Sauce and Rice	Battered Fish and Chips with Tomato Ketchup
Veg Out	Sweet Potato and Bean Ragu with Rice	Macaroni Cheese	Butternut Squash, Sweet Potato and Lentil Roast with Roast Potatoes and Gravy	Vegetable Teriyaki Noodles	Vegan Quesadilla with Chips and Tomato Ketchup
Fresh Veg	Sweetcorn & Green Beans	Baked Garlic Tomato & Green Vegetable Medley	Wilted Greens & Carrots	Chilli Broccoli Mexican Sweetcorn	Baked Beans & Peas
Just Desserts	Peach Fool	Chocolate Orange Brownie	Blueberry Muffin	Banana Upside Down Chocolate Sponge	Cinnamon Cookie
Additional Dessert Option	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt
WEEK 2:					
Chef's Special	Chicken Sloppy Joe	Chicken Sausage with Gravy and Mashed Potato	Roast Turkey with Roast Potatoes & Gravy	Lasagne	Breaded Fish or Salmon Fish Fingers with Chips and Tomato Ketchup
Veg Out	Chickpea and Butternut Rogan Josh with Rice	Quorn Sausage with Gravy and Mashed Potato	Cheese and Onion Wholemeal Quiche with Roast Potatoes	Vegetable Quesadilla	Vegan Hoisin Pizza
Fresh Veg	Roast Mediterranean Veg & Broccoli	Carrot & Cauliflower	Swede and Carrot Puree & Wilted Greens	Sweetcorn & Green Beans	Baked Beans & Peas
Just Desserts	Berry Muffin	Oat and Raisin Cookie	Peach Sponge	Chocolate Shortbread	Pineapple Upside Down Sponge
Additional Dessert Option	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt
WEEK 3:					
Chef's Special	Tuscan Chicken with Pasta	Chicken Jalfrezi with Rice	Roast Beef with Yorkshire Pudding, Gravy and Roast Potatoes	Chicken Chow Mein	Battered Fish served with Chips and Tomato Ketchup
Veg Out	Vegetarian Meatballs with Tomato Sauce and Pasta	Roast Vegetable Lasagne	Neapolitan Pasta Bake	Sweet Chilli Soy Strips with Savoury Rice	Bean Burger in a Bun with Chips and Tomato Ketchup
Fresh Veg	Sauteed White Cabbage & Cauliflower	Chilli Broccoli & Carrots	Roasted Carrots & Green Vegetable Medley	Sweetcorn & Baked Tomato	Baked Beans & Peas
Just Desserts	Fruits of the Forest Cake	Caramelised Apple with Yoghurt	Chocolate Muffin	Apple and Cinnamon Cookie	Fruit Flapjack
Additional Dessert Option	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt	Fresh Fruit Salad or Yoghurt

