|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week-1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Curried couscous | Cilantro lime  Rice with veg mix | Indian style  pasta | Creamy  Chicken Orzo | Chicken  Bolognese |
| Tea | Creamy chicken Masala Macaroni | Green Risotto | One pot quinoa with chicken | Beans and Smash potatoes | Roasted vegetables and falafel over Lebanese rice |

Spring Menu – Week 1

Spring Menu – Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week-2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Butternut Squash  Barley | Mushroom Risotto | Green Risotto | Moroccan couscous with Roast vegetables | Warm Mediterranean orzo |
| Tea | Fusilli beef pasta | Wild Rice chicken Stew | Tuscan Farfalle with grilled marinated chicken | Chicken pumpkin and spinach Risotto | Bean and beef  Slow cooked chili served with Bread |

Spring Menu – Week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week-3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Spaghetti Arrabbiata | One pot Mexican quinoa with Roasted chicken | Asian Pasta with beef gravy sauce | Mexican chicken Casserole | Shepard’s pie |
| Tea | Morrocan style  Couscous | Beans and Mashed potatoes | Warm Mediterranean orzo | Mushroom Risotto | Coriander lentils on Rice with chicken tikka masala |

Spring Menu – Week 4

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
| lunch | Gallo pinto  (rice and beans) | Mexican chicken Casserole | Lemon couscous with butternut squash and chicken gravy | Shepard’s pie | Tuscan Farfalle |
| Tea | Asian Pasta with Roasted Chicken | One pot Mexican quinoa | Broccoli cauliflower mac and cheese | Mushroom Risotto with beef gravy | Creamy Chicken Orzo |

Summer Menu – Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week-1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Spag bol  (Australian Spaghetti) | Quinoa with roast vegetables | Creamy lemon spinach pasta | Coriander lentils on Rice | Nigerian Jollof rice and chickpeas and plantain |
| Tea | Veg stew over rice | Chicken Orzo | Summer pesto  Couscous with sweet potatoes | Mushroom Risotto | Moroccan couscous with Roast vegetables |

Summer Menu – Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Bean and beef  Slow cooked chili served with Bread | Curried couscous | Chicken Orzo | Mashed potatoes with curry | Asian chicken Pasta |
| Tea | Mushroom pasta | Wild Rice chicken Stew | Cottage pie | Beans and butternut Squash with couscous | Green Risotto |

Summer Menu – Week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Indian style Pasta | Risotto | Danish meatball with Roasted Vegetables and basmati Rice | Roast Chicken and gravy ,  Roast potatoes and proccali | Shepard’s pie |
| Tea | Perfect Cilantro rice with chicken curry | Curried  Couscous | Asian Pasta | Quinoa with Roast Vegetables | Coriander lentils on Rice with beef marinated |

Summer Menu – Week 4

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Summer chicken Pasta with pepper and green veg | African Chicken Stew with plantains | Jollof chicken Spaghetti | Veg stew over rice | Mushroom spinach Pasta |
| Tea | Indian coconut  Lentil curry with sweet potatoes and pea | Pacific rim inspired fresh  Rice bowl | Golden cauliflower dal with rice coconut and spinach | Kenyan beef curry | Curried  Couscous with roasted Chicken |