

Always Growing Menu - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken and spinach curry with wholegrain rice	Oven roasted fish with green bean and pea pasta	Piri Piri chicken with sweet potato	Peasant Paella with mixed beans, peppers and peas	Pasta Primavera with broccoli, spring vegetables and fresh tomato
Vegetarian Option	Chickpea and spinach curry with wholegrain rice	Oven roast white beans with green bean and pea pasta	Piri Piri Quorn pieces with sweet potato	Peasant Paella with mixed beans, peppers and peas	Pasta Primavera with broccoli, spring vegetables and fresh tomato
Tea	White bean and chipotle chilli With sweet potato	Mince hot pot with seasonal vegetables Or Lentil hot pot with seasonal vegetables	Mexican style lentils	Breaded fish with boiled potatoes and mixed vegetables Or breaded Quorn with boiled potatoes and mixed vegetables	Italian style bean stew with herby cous-cous

Always Growing Menu - Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Piri Piri Fish with peppers and wholegrain rice	Mexican style chicken pasta with black beans, peppers and green beans	Deconstructed cottage pie	Oven roasted fish in a mango sauce served with herby cous-cous	Pasta Bolognese
Vegetarian	Piri Piri beans with peppers and wholegrain rice	Mexican style pasta with black beans, peppers and green beans	Deconstructed lentil pie	Oven roasted Quorn pieces in a mango sauce served with herby cous-cous	Lentil Bolognese pasta
Tea	Spinach, lentil and chickpea curry served with curried potatoes	Vegetable hot pot with seasonal vegetables and gravy	Thai red vegetable curry	Breaded chicken pieces served with boiled potatoes, peas and sweetcorn Or breaded quorn pieces	French Provencal ratatouille with cous-cous

Always Growing Menu - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Mexican style fish pasta with black beans, peppers and green beans	Jacket potatoes with baked beans and cheese	Spanish style mince with peas and cous-cous	Chinese style chicken and wholegrain rice	Coconut chicken with sweet potato and peas
Alternative	Mexican style pasta with black beans, peppers and green beans	Jacket potatoes with baked beans and cheese	Spanish style lentils with peas and cous-cous	Chinese style vegetables served with wholegrain rice	Coconut Quorn pieces with sweet potato and peas
Tea	Mixed vegetable Balti with lentils	Mixed bean chilli served with wholegrain rice	Veggie Moussaka	Tuna pasta with pepper and spring onion	Lentil Dahl with butternut squash

Always Growing Menu - Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Pasta with oven roasted Mediterranean vegetables	Chilli con carne served with wholegrain rice	BBQ chicken pasta	Jamaican Jerk style chicken with pineapple and sweet potato	White fish risotto
Alternative	Pasta with oven roasted Mediterranean vegetables	White bean chilli con carne served with wholegrain rice	BBQ Quorn pasta	Jamaican Jerk style Quorn with pineapple and sweet potato	Butter bean risotto
Tea	Campfire stew with peppers and potato	Lentil hot pot with seasonal vegetables and cous cous	Thai Green Vegetable curry served with potatoes	Deconstructed fish pie with broccoli and green beans	Sweet potato, cauliflower and butter bean curry