Always Growing Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Creamy courgette pasta with garden peas	Jacket Potatoes served with baked beans and grated cheddar	Chicken Alfredo Pasta with a homemade Alfredo sauce with cream, carrots and onions.	Herby oven baked fish fillet served with crispy potato, roasted peppers and cauliflower	Pasta bolognese made with mince beef
Vegetarian Option			Mushroom Alfredo Pasta with homemade Alfredo sauce, with celery, carrot and onion	Herby butter beans served with crispy potato, roasted peppers and cauliflower.	Pasta bolognese made with lentils
Tea	Veggie burritos: Lightly spiced tomato and mixed bean sauce with wholemeal wraps	Butternut Squash Risotto with peas	Slow cooked Lentil daal cooked with turmeric, ginger and garlic, served with oven roasted curried broccoli.	Mixed vegetable rice with halloumi and chickpeas	Mixed vegetable and potato curry

Always Growing Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tomato and basil pasta with kale	Chilli con carne served with wholegrain rice	Chicken and five vegetable paella	Jacket potato with tuna, pepper and sweetcorn	Pasta Primavera: Pasta with a leek, onion, pea and broad bean sauce and creme fraiche
Vegetarian		Lentil chilli served with wholegrain rice	Five vegetable paella	Jacket potato with beans, pepper and sweetcorn	
Tea	Fish fingers, boiled potato and mixed vegetables	Gnocchi with a tomato and spinach sauce and fresh mozzarella	Spinach, paneer and potato curry	Roast vegetable flatbreads with aubergine and courgette and cheddar	Lentil and root vegetable casserole with homemade gravy

Always Growing Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Macaroni cheese	Cottage Pie made with seasonal vegetables	Chicken stir fry with homemade sweet and sour sauce and wholegrain noodles	Greek style lamb tray bake with mint and feta potatoes	Paprika pasta bake with peppers, courgettes, peas and a creme fraiche sauce
Vegetarian		Lentil Cottage Pie made with seasonal vegetables	Mushroom stir fry with homemade sweet and sour sauce and wholegrain noodles	Greek style chickpea tray bake with mint and feta potatoes	
Tea	Carrot and courgette tagging served with herby cous cous	Cheese and tomato orzo Spinach chickpea curry	Halloumi fajitas served with kidney beans and wholegrain wraps	Egg fried rice	Bubble and squeak with cheddar cheese