



Wembley Manor

Love • Learn • Laugh

Week 1



	Monday	Tuesday	Wednesday veg	Thursday	Friday
Main Dish	Beef tikka Masala with Pilau rice	Chicken Casserole with Mashed Potatoes	Cheese and Tomato Pizza with Wedges	Mexican Beef Bolognaise with Wholemeal Rice	Dreaded Cod Square with Chips
Vegetarian	Potato and Lentil Curry	Shepherdess Pie	Mediterranean Tart with Potato Salad	Quorn Bolognaise with Wholemeal Rice	Cheddar Cheese and Broccoli Quiche with Chips
Jacket Potato Bar	Baked Jacket Potatoes with a Choice of Fillings				
Vegetables	Garden Peas	Broccoli	Carrots	Cauliflower	Baked Beans
Salad	Seasonal Salad Selection				
Desserts	Yoghurt Fresh Fruit	Fruit Jelly Fresh Fruit	Fresh Fruit Salad	Banana Cap Cake Fresh Fruit	Hot chocolate Drink Fresh Fruit
Cool Water served daily *Fruit Based **Wholegrain					



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Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Lamb Meatballs in Tomato Sauce with Wholemeal Rice	Honey Paprika Chicken thigh with Potatoes	Chef Choice Pasta of day	Chinese Chicken with Noodles	Crispy Battered Fish with Chips
Vegetarian	Mexican Beans Salad with Tortilla Wrap	Vegetarian Sausages with Mashed Potato	Macaroni Chesse	Quorn Bolognaise with Wholemeal Pasta**	Baked Vegetable Frittata with Chips
Jacket Potato Bar	Baked Jacket Potatoes with a Choice of Fillings				
Vegetables	Sweetcorn	Garden Peas	Carrots	Broccoli	Baked Beans or Garden Peas
Salad	Seasonal Salad Selection				
Desserts	Chocolate Sponge with Custard* Fresh Fruit	Fruity Delight* Yoghurt Fresh Fruit	Seasonal Fruit Salad	Peach with Custard Yoghurt Fresh Fruit	Cookies of day Fresh Fruit
Cool Water served daily *Fruit Based **Wholegrain					



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Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Sausages with Mashed Potatoes and Gravy	Italian Beef Burger with Bun and Salad	Roast Quorn with Roast Potatoes and Gravy	Moroccan Chicken Tagine with Cous Cous	Golden Fish Cake with Chips
Vegetarian	Butternut Squash Risotto	Beans Burger with Potato Wedges	Shortcrust Topped Country Vegetable Pie with Roast Potatoes	Penne Pasta Bake	Quorn Burger in a Bun with Chips
Jacket Potato Bar	Baked Jacket Potatoes with a Choice of Fillings				
Vegetables	Garden Peas	Broccoli	Carrots	Roasted Vegetables	Baked Beans or Sweetcorn
Salad	Seasonal Salad Selection				
Desserts	Yoghurt Fresh Fruit	Chef Choice Fresh Fruit	Seasonal Fruit Salad Fresh Fruit	Gingerbread with Custard Fresh Fruit	Chef Choice Fresh Fruit
Cool Water served daily *Fruit Based **Wholegrain					