

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Kerelan chicken curry flavoured with coconut and curry leaves	<u>Main</u> Autumnal Sausage and vegetable casserole served with dumplings	<u>Main</u> Slow cooked Italian beef ragu served with spaghetti pasta	<u>Main</u> Roast gammon served with homemade sausagemeat stuffing	<u>Main</u> Battered pollock served with homemade tartar sauce
<u>Vegetarian</u> Sweet potato and cauliflower tikki served with roti and green chutney	<u>Vegetarian</u> Moroccan chick-pea tagine served with harissa cous-cous	<u>Vegetarian</u> Spinach and ricotta cannelloni	<u>Vegetarian</u> Mushroom, leek and tarragon filo tart	<u>Vegetarian</u> Deep-pan pizza with tomato and mozzarella
<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Snack bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Soup of the day
<u>Accompaniments</u> Pilau rice Vegetable selection Mixed salad	<u>Accompaniments</u> Mashed potatoes Vegetable selection Mixed salad	<u>Accompaniments</u> Vegetable selection Mixed salad Garlic bread	<u>Accompaniments</u> Roast potatoes Vegetable selection Mixed salad	<u>Accompaniments</u> Skin on fries Baked beans or peas Mixed salad
<u>Hot Pudding</u> Blackcurrant Jam sponge	<u>Hot Pudding</u> Bakewell tart	<u>Hot Pudding</u> Chocolate fudge cake	<u>Hot Pudding</u> Rhubarb, apple and strawberry crumble	<u>Hot Pudding</u> Toffee banana sponge
<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Chunky chilli con-carne served with sour-cream and tortilla chips	<u>Main</u> Chicken and ham pie	<u>Main</u> Chinese pork steak with stir-fried noodles and hoisin sauce	<u>Main</u> Roast turkey with homemade sausage meat stuffing	<u>Main</u> Battered pollock served with homemade tartar sauce
<u>Vegetarian</u> Quorn pieces in a creamy cajun sauce with peppers and sweetcorn	<u>Vegetarian</u> Potato, cheese and leek crisp bake served with tomato sauce	<u>Vegetarian</u> Vegetable spring rolls served with sweet chilli dipping sauce	<u>Vegetarian</u> Roasted vegetable moussaka	<u>Vegetarian</u> Deep-pan pizza with tomato and mozzarella
<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Soup of the day
<u>Accompaniments</u> Mexican red rice Vegetable selection Mixed salad	<u>Accompaniments</u> Potato croquettes Vegetable selection Mixed salad	<u>Accompaniments</u> Chow-mein noodles Vegetable selection Mixed salad	<u>Accompaniments</u> Roast potatoes Vegetable selection Mixed salad	<u>Accompaniments</u> Skin on fries Baked beans or peas Mixed salad
<u>Hot Pudding</u> Raspberry and coconut sponge	<u>Hot Pudding</u> Belgian waffles with chocolate sauce	<u>Hot Pudding</u> Peach and cherry dump cake	<u>Hot Pudding</u> Apple and blackberry crumble	<u>Hot Pudding</u> Treacle sponge
<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Chicken and lentil Madras	<u>Main</u> Suffolk sausages served with onion gravy	<u>Main</u> Creamy turkey and bacon pasta bake	<u>Main</u> Roast pork with sage and onion stuffing	<u>Main</u> Battered pollock served with homemade tartar sauce
<u>Vegetarian</u> Bombay potato stuffed pepper served with nann and korma sauce	<u>Vegetarian</u> Quorn cottage pie topped with sweet potato mash	<u>Vegetarian</u> Cherry tomato, mozzarella and basil fritatta	<u>Vegetarian</u> Cauliflower, broccolli and stilton bake	<u>Vegetarian</u> Deep-pan pizza with tomato and mozzarella
<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Soup of the day
<u>Accompaniments</u> Pilau rice Vegetable selection Mixed salad	<u>Accompaniments</u> Mashed potatoes Vegetable selection Mixed salad	<u>Accompaniments</u> Garlic bread Vegetable selection Mixed salad	<u>Accompaniments</u> Roast potatoes Vegetable selection Mixed salad	<u>Accompaniments</u> Skin on fries Baked beans or peas Mixed salad
<u>Hot Pudding</u> Lemon drizzle	<u>Hot Pudding</u> Cherry shortcake	<u>Hot Pudding</u> Caramel sponge	<u>Hot Pudding</u> Peach and raspberry crumble	<u>Hot Pudding</u> Chocolate and banana swirl cake
<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle



Corby Business Academy



Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> BBQ pulled chicken fajitas with onions and peppers	<u>Main</u> Traditional beef lasagne	<u>Main</u> Sweet chilli chicken stir-fry with mange tout, broccoli, carrots and peppers	<u>Main</u> Roast beef served with homemade Yorkshire pudding	<u>Main</u> Battered pollock served with homemade tartar sauce
<u>Vegetarian</u> Tex-Mex bean burger with salsa	<u>Vegetarian</u> Root vegetable and sweet potato casserole served with herb dumplings	<u>Vegetarian</u> Malay vegetable curry	<u>Vegetarian</u> Mediterranean vegetable and goats cheese tart	<u>Vegetarian</u> Deep-pan pizza with tomato and mozzarella
<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Pasta bowl of the day Soup of the day	<u>Snacks</u> Hot baguette of the day Soup of the day
<u>Accompaniments</u> Baked cajun wedges Vegetable selection Mixed salad	<u>Accompaniments</u> Garlic bread Vegetable selection Mixed salad	<u>Accompaniments</u> Egg fried rice Vegetable selection Mixed salad	<u>Accompaniments</u> Roast potatoes Vegetable selection Mixed salad	<u>Accompaniments</u> Skin on fries Baked beans or peas Mixed salad
<u>Hot Pudding</u> Pineapple up-side down cake	<u>Hot Pudding</u> American pancakes with maple syrup	<u>Hot Pudding</u> Summer berry pudding	<u>Hot Pudding</u> Apple crumble	<u>Hot Pudding</u> Sticky toffee pudding
<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle	<u>Cold Pudding</u> Fresh fruit salad Rainbow jellies Homemade biscuit or cake Homemade cheesecake Homemade trifle