

Day	WEEK 1 Apr 13, May 4, Jun 1, Jun 22, Jul 13, Sep 7, Sep 28, Oct 19	WEEK 2 Apr 20, May 11, Jun 8, Jun 29, Jul 20, Sep 14, Oct 5	WEEK 3 Apr 27, May 18, Jun 15, Jul 16, Aug 31, Sep 21, Oct 12
MON Comfort Food	TUNA PASTA BAKE Tuna, sweetcorn and wholewheat fusilli in creamy white sauce, topped with Somerset cheddar.	LOVELY LASAGNE Traditional beef or Plantastic mince & lentil lasagne with creamy white sauce and cheddar. Served with garlic bread.	MAC 'N' CHEESE Macaroni in cheddar sauce with hidden roasted butternut squash, topped with cheese. Served with garlic bread.
TUE Spice it up	CHEESE & BEAN ENCHILADA (V) Tortillas filled with cannellini beans, peppers, lentils and sweetcorn in Mexican sauce. With sour cream and salsa.	CREAMY CHICKEN CURRY Thai-inspired coconut milk curry with chicken, peas and carrots. Served with mixed rice, naan and vegetables.	CHICKEN PAELLA Traditional Spanish-style rice dish with tender chicken pieces, vegetables and mild spices.
WED Meat-Free	SWEET POTATO CURRY (VE) Sri Lankan style spiced curry with coconut milk, chickpeas and garden peas. Served with mixed rice.	VEGETARIAN MEATBALLS (V) Planet-friendly meatballs in sweet chilli sauce, served with a blend of white and brown rice.	RAINBOW NOODLES (VE) Chow Mein inspired noodles with colourful veggie ribbons and Eat Curious pieces in light soya sauce.
THU Traditional	ROAST OF THE DAY Sliced chicken or pork roast with sage & onion stuffing, roast potatoes, seasonal vegetables and gravy.	SAUSAGE PASTRY Puff pastry turnover with tomato sauce and either plant-based or pork sausage. Baked until fluffy.	ROAST OF THE DAY Sliced chicken or pork roast with sage & onion stuffing, roast potatoes, seasonal vegetables and gravy.
FRI Fish Friday	FISH OF THE DAY & CHIPS Baked fish fingers, battered fish or salmon cakes with lemon mayo, potato of the day and vegetables.	FISH OF THE DAY & CHIPS Baked fish fingers, battered fish or salmon cakes with lemon mayo, potato of the day and vegetables.	FISH OF THE DAY & CHIPS Baked fish fingers, battered fish or salmon cakes with lemon mayo, potato of the day and vegetables.