

Main Meals

WEEK 3

Monday

Chicken Tikka Saag Dopiaza with Oven Baked Pilaf Rice,
Chota Naan Bread, Vegetable Samosa and Pickle Tray

Tuesday

Chicken, Red Onion and Sweet Pepper Fajitas
with Flour Tortillas, Sour Cream, Salsa and Spiral Fries

Wednesday

Honey and Thyme Glazed Loin of Pork with Sage Stuffing, Bramley Apple Sauce,
Real Gravy, Dauphinoise Potatoes, Roasted Carrots, Swede and Parsnips

Thursday

Mexican Spiced Beef Tacos served with Iceberg, Coriander and Cherry Tomato Salad,
Grated Cheese, Salsa and Sour Cream topping and sweet potato Fries

Friday

Crisp Battered Cod & Lemon, Tartare Sauce, Mushy Peas & Chips

Battered Pork Sausage

Fish Fingers

Wholetail Scampi

Chip Shop Curry Sauce / Gravy