

JOHN PORT *Week 1*

MONDAY

Moroccan Pastilla
Garden Peas
Garlic Slice
Steamed Rice

OR

Mushroom Stroganoff
Garden Peas
Garlic Slice
Steamed Rice

Steamed Treacle
Sponge

Custard

TUESDAY

Curried Cottage Pie
Spring Cabbage
Green Beans

OR

Spicy Mushroom &
Broccoli Noodles
Spring Cabbage
Green Beans

Carrot Cake

Custard

WEDNESDAY

Roast Pork
Chive Crushed
Potatoes
Cabbage
Baton Carrots

OR

Indian Shepherds Pie
Cabbage
Baton Carrots

Gingerbread & Apple
Muffins

THURSDAY

Chilli Wedge Bake
Garden Peas
Garlic Slice

OR

Quorn Bolognaise
Garden Peas
Garlic Slice

Chocolate Fudge
Sponge

Custard

FRIDAY

Battered Fish
Baked Beans
Chips

OR

Vegetable & Bean
Burrito
Baked Beans
Chips

Butterscotch Tart

Custard

JOHN PORT Week 2

MONDAY

Sticky Chicken Noodles
Roast Butternut Squash
Fresh Broccoli
Provencal Potatoes

OR

Cheese Whirl
Roast Butternut Squash
Fresh Broccoli
Provencal Potatoes

Cornflake Shortcake

Custard

TUESDAY

Beef Taco
Garden Peas
Coconut Rice

OR

Sweet Potato & Chick
Pea Dhal
Garden Peas
Coconut Rice

Lemon Topped Sponge

Custard

WEDNESDAY

Roast Chicken
Roast Vegetables
Creamed Potatoes

OR

Roast Pepper Quiche
Roast Vegetables
Creamed Potatoes

Apple & Date Crumble

Custard

THURSDAY

Goat Curry
Bang Bang Cauliflower
Steamed Rice

OR

Indian Fried Rice with
Quorn Mince
Bang Bang Cauliflower
Steamed Rice

Marble Fruity Sponge

Custard

FRIDAY

Salmon Fishcake
Baked Beans
Oven Wedges

OR

Spicy Sweet Corn
Fritters
Baked Beans
Oven Wedges

Banana & Raisin
Flapjack

Custard

JOHN PORT Week 3

MONDAY

Cumberland Roast
Chicken
Garlic Potatoes
Roast Potatoes

OR

Spicy Cauliflower &
Broccoli Bake
Garlic Potatoes
Roast Potatoes

Rhubarb & Custard
Cake

Custard

TUESDAY

Pork Casserole
Garden Peas
Green Beans
Dirty Rice

OR

Keralan Curry
Garden Peas
Green Beans
Dirty Rice

Chocolate & Banana
Sponge

Custard

WEDNESDAY

Roast Beef
Green Cabbage
Cauliflower
Creamed Potatoes

OR

Vegetarian Pie
Green Cabbage
Cauliflower
Creamed Potatoes

Lemon Pudding

Custard

THURSDAY

Fried Rice with Honey
Baked Chicken
Drumstick
Baton Carrots
Fresh Broccoli
Boulangier Potatoes

OR

Vegan Enchilada Pie
Baton Carrots
Fresh Broccoli
Boulangier Potatoes

Bakewell Tart

Custard

FRIDAY

Battered Fish
Baked Beans
Chips

Or

Sweet & Sour
Vegetable Noodles
Garden Peas
Chips

Fruit Muffin