

Thinking Food

WEEK ONE MENU

meal one

meal two

pasta bar

dessert

MONDAY

Louisiana Chicken and Ham Jambalaya with Smokey Sweetcorn, Sweet Chilli Slaw, Homemade Tomato and Herb Bread

Crunchy Topped Macaroni Cheese with Smokey Sweetcorn, Sweet Chilli Slaw, Homemade Tomato and Herb Bread

Beef Bolognese or Tomato and Mozzarella

Peach Crumble and Custard

TUESDAY

Devon Pork Sausage Toad in the Hole with Creamy Mashed Potatoes, Garden Peas and Savoy Cabbage

Vegetarian Sausage and Onion Toad in the Hole with Creamy Mashed Potatoes, Garden Peas and Savoy Cabbage

Macaroni Cheese or Tomato and Mozzarella

Chocolate and Vanilla Swirl Cookie

WEDNESDAY

Roast Devon Gammon and Gravy with Roast Potatoes and Seasonal Vegetables

Cheese, Leek and Onion Pie with Roast Potatoes and Seasonal Vegetables

Meatball and Tomato or Tomato and Mozzarella

Fluffy Chocolate Mousse

THURSDAY

Chicken Korma with Rice, Warm Naan Bread Red Onion and Coriander Salad

Cauliflower and Chickpea Sabzi with Rice, Warm Naan Bread, Red Onion and Coriander Salad

Creamy Chicken or Tomato and Mozzarella

Apple and Blackberry Strudel and Custard

FRIDAY

Hand Battered Fish or Crispy Chicken Bites with Baked Beans, Garden Peas and Chips

Margherita Pizza with Chips, Peas and Baked Beans

Tomato and Mozzarella

Fruity Flapjack

LOCALLY SOURCED FRESH VEGETABLES AND SALAD SERVED WITH EACH MAIN

WHY NOT ADD A HOT DESSERT

HOT GRAB AND GO ITEMS AND JACKET POTATOES AVAILABLE DAILY

FRESHLY PREPARED SANDWICHES/ BAGUETTES/ WRAPS AVAILABLE DAILY

COLD DELI AND HOME BAKES AVAILABLE DAILY

Thinking Food

WEEK TWO MENU

meal one

meal two

pasta bar

dessert

MONDAY

Devon Gammon and Leek Pie with Potato Wedges and Fresh Chopped Salad

Courgette and Red Pepper Frittata Potato Wedges Fresh Chopped Salad

Meatball and Tomato or Tomato and Mozzarella

Apple and Raspberry Cake and Custard

TUESDAY

Devon Beef Chilli Con Carne with Rice, Fine Beans and Tortilla Chips

Tex-Mex Sweet Potato and Bean Braised Rice with Fine Beans and Tortilla Chips

Creamy Chicken or Tomato and Mozzarella

Iced Lemon Shortbread

WEDNESDAY

Roast Chicken Breast with Gravy, Roast Potatoes and Seasonal Vegetables

Mediterranean Vegetable and Bean Crumble with Roast Potatoes and Seasonal Vegetables

Spicy Sausage or Tomato and Mozzarella

Bread and Butter Pudding and Custard

THURSDAY

Cajun Chicken Breast with Rice, Peas, Stir-Fried Greens and Sweetcorn

Mixed Bean Lasagne with Stir-Fried Greens and Sweetcorn

Macaroni Cheese or Tomato and Mozzarella

Sultana Cake

FRIDAY

Hand Battered Fish, Crispy Chicken Bites or Salmon Fishcakes with Chips, Baked Beans and Garden Peas

Roasted Vegetable Quiche with Chips, Baked Beans and Garden Peas

Tomato and Mozzarella

Strawberry Mousse

LOCALLY SOURCED FRESH VEGETABLES AND SALAD SERVED WITH EACH MAIN

WHY NOT ADD A HOT DESSERT

HOT GRAB AND GO ITEMS AND JACKET POTATOES AVAILABLE DAILY

FRESHLY PREPARED SANDWICHES/ BAGUETTES/ WRAPS AVAILABLE DAILY

COLD DELI AND HOME BAKES AVAILABLE DAILY

Thinking Food

WEEK THREE MENU

meal one

meal two

pasta bar

dessert

MONDAY

Devon Pork Meatballs in Tomato Sauce with Penne Pasta, Homemade Focaccia Bread and Sweetcorn

Broccoli and Cauliflower Cheese Gratin with Homemade Focaccia Bread and Sweetcorn

Spicy Sausage or Tomato and Mozzarella

Apple and Mixed Berry Pie and Custard

TUESDAY

Chicken Tikka and Salad Pitta, Salt and Pepper Baked Potato Wedges, Mixed Salad and Apple Slaw

Roasted Vegetable Pitta Pocket and Mint Yoghurt with Salt and Pepper Baked Potato Wedges, Mixed Salad and Apple Slaw

Macaroni Cheese or Tomato and Mozzarella

Chocolate Sponge and Chocolate Sauce

WEDNESDAY

Roast Devon Pork with Apple Sauce, Gravy, Roast Potatoes and Seasonal Vegetables

Roasted Vegetable and Lentil Tartlet with Roast Potatoes and Seasonal Vegetables

Meatball and Tomato or Tomato and Mozzarella

Toffee Apple Cake

THURSDAY

Kung Pao Chicken with Egg Fried Rice and Kachumber Salad

Chinese Style Sweet and Sour Vegetables with Egg Fried Rice and Kachumber Salad

Bolognese or Tomato and Mozzarella

Iced Sultana and Cinnamon Roll

FRIDAY

Hand Battered Fish or Crispy Chicken Bites with Chips, Peas and Baked Beans

BBQ Vegetable Wrap with Chips, Peas and Baked Beans

Tomato and Mozzarella

Jammie Dodger

LOCALLY SOURCED FRESH VEGETABLES AND SALAD SERVED WITH EACH MAIN

WHY NOT ADD A HOT DESSERT

HOT GRAB AND GO ITEMS AND JACKET POTATOES AVAILABLE DAILY

FRESHLY PREPARED SANDWICHES/ BAGUETTES/ WRAPS AVAILABLE DAILY

COLD DELI AND HOME BAKES AVAILABLE DAILY