

Week One Menu

Main courses:

Minced Beef Lasagne - £4.50

Mediterranean Vegetable Lasagne (V) - £4.50

Beef Stroganoff (GF) - £6.50

Vegetable Tagine - (V, Vegan, DF, GF) £4.50

Slow Cooked Lamb Shoulder & Chickpea Curry (medium spice) (GF) - £6.50

Sweet & Sour Chicken (DF) - £5.50

Sides:

Basmati Rice (uncooked) 500g - £1.00

New Potatoes (uncooked) 500g - £1.00

Vegetable portion for one person (uncooked) – three different vegetables - £1.00

Soups:

Leek & Potato Soup (V, Vegan, DF, GF) - £1.50

Lentil & Bacon Soup (DF, GF) - £1.50

Sweet treats:

Chocolate Brownie (V, GF) - £1.00

Banoffee Sundae (V) - £2.00

Homemade white bread:

700g Loaf - £1.50

450g Loaf - £1.25

4 x Bread Rolls - £1.25

Extras

2 x Large Homemade Sausage Rolls - £1.50

2x Toilet Roll - £1.00

6x Cooks Eggs - £1.00

Week Two Menu

Main courses:

Beef Nihari – Pakistani Beef & Lentil Curry (GF) - £6.50

Vegetable Curry – (V, GF) £4.50

Mushroom Stroganoff (V, GF)- £5.50

Chicken Chasseur (DF, GF)

Cottage Pie – (GF) £4.50

Fish Pie (GF) - £6.50

Sides:

Basmati Rice (uncooked) 75g - £1.00

New Potatoes (uncooked) 100g - £1.00

Vegetables (uncooked) – three different vegetables - £1.00

Soups:

Tomato & Basil Soup (V, Vegan, DF, GF) - £1.50

Chicken & Broccoli Soup (DF, GF) - £1.50

Sweet treats:

Granola Flapjack – (V) £1.00

Berry Cheesecake Sundae (V) - £2.00

Homemade white bread:

700g Loaf - £1.50

450g Loaf - £1.25

4 x Bread Rolls - £1.25

Extras

2 x large homemade sausage rolls - £1.50

2x Toilet Roll - £1.00

6x Cooks Eggs - £1.00

Week Three Menu

Main courses:

Beef & Vegetable Stew (DF, GF) - £6.50

Root Vegetable Stew - (V, Vegan, DF, GF) £4.50

Pork & Pepper Casserole (DF, GF) - £5.50

Turkey Fricassee (GF) - £5.50

Macaroni Cheese – (V) £4.50

Lemon Chicken with Green Beans (GF, DF) - £5.50

Sides:

Basmati Rice (uncooked) 75g - £1.00

New Potatoes (uncooked) 100g - £1.00

Vegetables (uncooked) – three different vegetables - £1.00

Soups:

Pea & Ham Soup (GF, DF) - £1.50

Cauliflower & Cheddar Soup (V, GF) - £1.50

Sweet treats:

Chocolate Chip Shortbread (V) - £1.00

Chocolate Brownie Sundae (V) - £2.00

Homemade white bread:

700g Loaf - £1.50

450g Loaf - £1.25

4 x Bread Rolls - £1.25

Extras

V = Vegetarian | Vegan = Vegan | DF = Dairy Free | GF = Gluten Free

2 x large homemade sausage rolls - £1.50

2x Toilet Roll - £1.00

6x Cooks Eggs - £1.00

Week Four Menu

Main courses:

Chicken Tikka Masala Curry (mild spice) (GF) - £5.50

Minced Beef Chilli (GF, DF) - £4.50

Vegetable & Bean Chilli (V, Vegan, DF, GF) - £4.50

Butternut Squash & Pepper Stew (V, Vegan, DF, GF) - £4.50

Lamb & Apricot Tagine (GF, DF) - £6.50

Pork & Herb Meatballs in a Tomato Sauce (GF, DF)

Sides:

Basmati Rice (uncooked) 75g - £1.00

New Potatoes (uncooked) 100g - £1.00

Vegetables (uncooked) – three different vegetables - £1.00

Soups:

Roasted Red Pepper & Tomato Soup - £1.50

Chicken & Leek Soup - £1.50

Sweet treats:

Rocky Road - £1.00

Lemon & Ginger Cheesecake Sundae - £2.00

Homemade white bread:

700g Loaf - £1.50

450g Loaf - £1.25

4 x Bread Rolls - £1.25

Extras

V = Vegetarian | Vegan = Vegan | DF = Dairy Free | GF = Gluten Free

2 x large homemade sausage rolls - £1.50

2x Toilet Roll - £1.00

6x Cooks Eggs - £1.00