

VALENS

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mains	<p><u>JACKET POTATOES</u></p> <p>Cowboy hot pot</p> <p>Baked beans & Grated mature cheddar</p>	<p><u>RICE</u></p> <p>Coconut chicken curry</p> <p>Chickpea & spinach korma</p>	<p><u>PASTA</u></p> <p>Beef bolognaise</p> <p>Vegetable & lentil ragu</p>	<p><u>PANINI</u></p> <p>Chorizo, mozzarella & roasted peppers</p> <p>Mozzarella, cheddar & tomato stew</p>	<p><u>NOODLES</u></p> <p>Teriyaki Chicken</p> <p>Hoisin Mushroom</p>	<p>Chicken Alfredo Tricolour Fusilli</p> <p>Cannellini bean & pesto pasta</p>
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Salad & Jackets	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day
Dessert	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p> <p>Butterbean blondie</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p> <p>Jam & coconut sponge</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p> <p>Cherry Flapjack</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p>

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mains	<p><u>RICE</u></p> <p>Hibachi chicken with yum yum sauce</p> <p>Hoisin Tofu & vegetable stir fry</p>	<p><u>NAAN</u></p> <p>Garlic & coriander naan, topped with chicken tikka, mango chutney, & onion bhaji bits</p> <p>Garlic & coriander naan topped with vegetable balti</p>	<p><u>PASTA</u></p> <p>Creamy chicken & tarragon</p> <p>Tomato & basil</p>	<p><u>Noodles</u></p> <p>Beef in oyster sauce</p> <p>Chickpea and broccoli in black bean sauce</p>	<p><u>Toastie</u></p> <p>Ham and mature cheddar</p> <p>Brie & cranberry</p>	<p>Pizza pasta & garlic bread</p>
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Salad & Jackets	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day
Dessert	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p> <p>College mess slice</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p> <p>Frosted vanilla and blueberry sponge</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p> <p>Mocha traybake</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p>

VALENS

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mains	<p><u>NOODLES</u></p> <p>PORK IN BLACK BEAN SAUCE</p> <p>Sweet chilli vegetables</p>	<p><u>GOURMET ROLLS</u></p> <p>Pork, apple sauce & stuffing</p> <p>Portobello garlic mushroom & cheese & crispy onions</p>	<p><u>RICE</u></p> <p>Beef stroganoff</p> <p>Chickpea, spinach and sweet potato balti</p>	<p><u>PANINI</u></p> <p>PIRI PIRI CHICKEN (Peppers, onions, cheese)</p> <p>Mozzarella, roasted peppers & pesto toastie</p>	<p><u>PASTA</u></p> <p>Ham & mushroom carbonara</p> <p>Plant based chorizo in tomato sauce</p>	<p>Pasta with meatballs in tomato sauce</p> <p>Plant based meatballs in tomato sauce</p>
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Salad & Jackets	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day
Dessert	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p> <p>Chocolate orange traybake</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p> <p>Biscoff tiffin</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p> <p>Flapjack</p>	<p>Yoghurt</p> <p>Apples, bananas, orange wedges</p>