

the pod™

Menu 1 3-week Lunch Menu



WEEK 1



- MONDAY** Katsu curry, mixed vegetables, white rice, fresh fruit.
- TUESDAY** Chicken goujons, peas, potato wedges, apricot crumble.
- WEDNESDAY** Roast beef in gravy, cut green beans, golden roasted potatoes, yoghurt.
- THURSDAY** Penne pasta in tomato and basil sauce, sweetcorn, fresh fruit.
- FRIDAY** Salmon crumble, vegetable medley, boiled potatoes, chef's rice pudding.

WEEK 2

- MONDAY** Vegan thai red curry, cauliflower, white rice, chocolate chip sponge.
- TUESDAY** Beef lasagne, broccoli, fresh fruit.
- WEDNESDAY** Chicken and ham pie with flaky pastry top, sliced carrots, minted boiled potatoes, yoghurt.
- THURSDAY** Pasta carbonara, cut green beans, fresh fruit.
- FRIDAY** Fishcakes, baked beans, oven chips, custard.

WEEK 3

- MONDAY** Chicken tikka masala, cauliflower, vegetable rice, fresh fruit.
- TUESDAY** Chicken kiev, cooked green beans, potato wedges, yoghurt.
- WEDNESDAY** Sausage casserole, broccoli, croquette potatoes, rhubarb crumble.
- THURSDAY** Cauliflower and broccoli pasta, minted summer vegetables, fresh fruit.
- FRIDAY** Fish goujons, peas, mashed potato, ice lolly.

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Menu 2 3-week Lunch Menu



WEEK 1



- MONDAY** Cauliflower, spinach and lentil curry, broccoli, basmati yellow rice, fresh fruit.
- TUESDAY** Sausages in onion gravy, cut green beans, mashed potato, yoghurt.
- WEDNESDAY** Cheese & onion pie, sliced carrots, croquette potatoes, strawberry mousse.
- THURSDAY** Tuna pasta bake, sweetcorn, chocolate sponge.
- FRIDAY** Fish goujons, baked beans, oven chips, fresh fruit.

WEEK 2

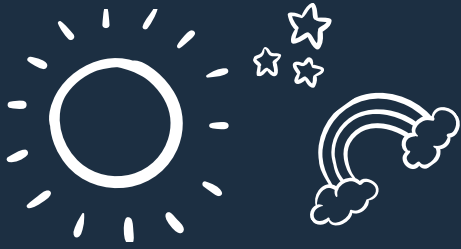
- MONDAY** Sweet and sour chicken, peas, white rice, yoghurt.
- TUESDAY** Macaroni cheese, sweetcorn, mixed fruit pie.
- WEDNESDAY** Beef stew and dumplings, broccoli, mashed potato, fresh fruit.
- THURSDAY** Tortellini in tomato and basil sauce, green beans, yoghurt.
- FRIDAY** Salmon crumble, boiled potatoes, green beans, apricot & peach dessert.

WEEK 3

- MONDAY** Chicken Korma, cauliflower, vegetable rice, yoghurt.
- TUESDAY** Vegetable gratin, minted summer vegetables, sautéed potatoes, clotted cream rice pudding
- WEDNESDAY** Baked steak & mushroom pie, broccoli, mashed potato, fresh fruit.
- THURSDAY** Vegetable lasagne, sliced carrots, blackcurrant cheesecake.
- FRIDAY** Fish cakes, baked beans, potato wedges, ice lolly.

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Menu 3 3-week Lunch Menu



WEEK 1



- MONDAY** Chicken curry, sweetcorn, white rice, ice lolly.
- TUESDAY** Cheese and onion pie, baked beans, sauté potatoes, fresh fruit.
- WEDNESDAY** Lancashire hotpot, mashed root vegetables, chocolate mousse.
- THURSDAY** Pork meatballs in tomato and herb sauce, mixed vegetables, penne pasta, yoghurt.
- FRIDAY** Cod in parsley sauce, broccoli, mashed potato, apple pie.

WEEK 2

- MONDAY** Chana masala, cauliflower, basmati yellow rice, fresh fruit.
- TUESDAY** Chicken goujons, broccoli, potato wedges, yoghurt.
- WEDNESDAY** Steak pie with flaky pastry top, peas, mashed potato, fresh fruit.
- THURSDAY** Cauliflower and broccoli pasta, sweetcorn, ice lolly.
- FRIDAY** Fish pie, sliced carrots, croquette potatoes, fresh fruit.

WEEK 3

- MONDAY** Vegan thai red curry, broccoli, vegetable rice, chocolate chip sponge.
- TUESDAY** Macaroni cheese, cut green beans, fresh fruit.
- WEDNESDAY** Vegetarian sausage casserole, mixed vegetables, roasting potatoes, yoghurt.
- THURSDAY** Penne pasta in tomato & basil sauce, minted summer vegetables, chocolate mousse.
- FRIDAY** Fishcakes, sliced carrots, croquette potatoes, ice lolly.