

POD Kitchen & Delivered

Weeks commencing: 31/10/2022 21/11/2022 12/12/2022 16/01/2023 06/02/2023

2022 - 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Chicken Tikka Rice Sweetcorn	Pork Sausages Mashed Potatoes Baked Beans	Beef Meatballs in Tomato Sauce Pasta Mixed Vegetables	Roast Chicken Fillet in Gravy Yorkshire Pudding Roast Potatoes Carrots	Battered Fish Chips Garden Peas
<b>Vegetarian alternative</b>	Vegetable Coconut Curry Rice Sweetcorn (vgn)	Vegetable Cottage Pie Baked beans (vgn)	Macaroni Cheese Mixed Vegetables	Vegan Roast Quorn Fillet in Gravy Yorkshire Pudding Roast Potatoes Carrots	All day vegetarian breakfast Hash Browns Baked Beans
<b>Jacket Potato</b>	Jacket Potato with Baked Beans (vgn)	Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Baked Beans (vgn)
<b>Vegan Meal</b>	Vegetable Nuggets with BBQ Dip Rice Sweetcorn (vgn)	Vegan Sausages Mashed Potatoes Baked Beans (vgn)	Tomato and Vegetable Pasta Mixed Vegetables (vgn)	Plant Based Meat Balls in Gravy Roast Potatoes Diced Carrots (vgn)	Vegan Nuggets Chips Garden Peas (vgn)
<b>Packed Menu</b>	Cheese Sandwich Sultana & Raisin Bag Belgian Waffle Apple	Ham Roll Apricot Bag Gingerbread Biscuit Satsuma	Meat Free Sausage Roll Sultanas and Raisins Golden Oat Flapjack Apple (vgn)	Ham Roll Laughing Cow Cheese Triangle Shortbread Biscuit Satsuma	Cheese Sandwich Sultana & Raisin Blueberry Flapjack Satsuma
<b>Pudding for hot meals</b>	Belgian Waffle	Fresh Fruit	Chocolate Sponge	Frozen Yoghurt	Coconut and Raspberry Loaf

Weeks commencing: 07/11/2022 28/11/2022 02/01/2023 23/01/2023

2022 - 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Pork Meatballs with Tomato Sauce Wholemeal Pasta Sweetcorn	Chicken Burger (NO Roll) Alphabite Potatoes Baked Beans	Chicken Pamigiana Rice Mixed Veg	Roast Beef in Gravy Yorkshire Pudding Roast Potatoes Diced Carrots	Fish in Tempura Batter with a Vinegar Infusion Chips Garden Peas
<b>Vegetarian alternative</b>	Ratatouille Wholemeal Pasta Sweetcorn (vgn)	Cheese and Tomato Quiche Alphabite Potatoes Baked Beans	Vegetable Coconut Curry Rice Mixed Vegetables (vgn)	Vegan Roast Quorn Fillet in Gravy Yorkshire Pudding Roast Potatoes Carrots	Macaroni Cheese Garden Peas
<b>Jacket Potato</b>	Jacket Potato with Baked Beans (vgn)	Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with cheesy seaside fish
<b>Vegan Meal</b>	Meat Free Meat Balls in Tomato Sauce Wholemeal Pasta Sweetcorn (vgn)	Meat Free Southern Fried Chicken Style Burger (NO Roll) Alphabite Potatoes Baked Beans (vgn)	Vegan Quorn Fillet in Tomato Sauce Rice Mixed Vegetables (vgn)	Plant Based Meat Balls in Gravy Roast Potatoes Diced Carrots (vgn)	Vegetable Fingers Chips Garden Peas (vgn)
<b>Packed Menu</b>	Cheese Sandwich Sultana & Raisin Bag Belgian Waffle Apple	Ham Roll Apricot Bag Gingerbread Biscuit Satsuma	Meat Free Sausage Roll Sultanas and Raisins Golden Oat Flapjack Apple (vgn)	Ham Roll Laughing Cow Cheese Triangle Shortbread Biscuit Satsuma	Chilled Pizza Slice Sultana & Raisin Blueberry Flapjack Satsuma
<b>Pudding for hot meals</b>	Mini Blueberry Muffin	Fresh Fruit	Spotted Dick with Carnation Milk	Frozen Yoghurt	Toffee and banana Loaf

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Week Commencing 14/11/2022 05/12/2022 09/01/2023 30/01/2023

2022 - 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Cheese and Tomato Pizza Baked Beans	Pork Sausages in Gravy Mashed Potatoes Green Beans	Battered Chicken Bites with BBQ Dip Rice Mixed Veg	Roast Chicken Fillet in Gravy Yorkshire Pudding Roast Potatoes Diced Carrots	Ultimate Fish Fingers Chips Garden Peas
<b>Vegetarian alternative</b>	Meat Free Sausage Roll Baked Beans (vgn)	Plain Omelette New Potatoes Green Beans	Macaroni Cheese Mixed Veg	Vegan Roast Quorn Fillet in Gravy Yorkshire Pudding Roast Potatoes Carrots	Cheese and Onion Pasty Chips Garden Peas
<b>Jacket Potato</b>	Jacket Potato with Cheese	Jacket Potato with Baked Beans (vgn)	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Baked Beans (vgn)
<b>Vegan Meal</b>	Meat Free Sausage Roll Baked Beans (vgn)	Vegan Sausages in Gravy Mashed Potatoes Green Beans (vgn)	Meat Free Southern Fried Chicken Style Burger with BBQ Dip Rice Mixed Veg (vgn)	Plant Based Meat Balls in Gravy Roast Potatoes Diced Carrots (vgn)	Vegan Nuggets Chips Garden Peas (vgn)
<b>Packed Menu</b>	Cheese Sandwich Sultana & Raisin Bag Belgian Waffle Apple	Ham Roll Apricot Bag Gingerbread Biscuit Satsuma	Meat Free Sausage Roll Sultanas and Raisins Golden Oat Flapjack Apple (vgn)	Ham Roll Laughing Cow Cheese Triangle Shortbread Biscuit Satsuma	Cheese Sandwich Sultana & Raisin Blueberry Flapjack Satsuma
<b>Pudding for hot meals</b>	Fruit Yoghurt	Fresh Fruit	Organic Ice Lolly (vgn)	Oat and Raisin Cookie	Mini Jam Doughnut