

# TJA Menu

## Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Sloppy Joe	Chilli Con Carne & Wedges	Roast Chicken with Gravy and Roast Potatoes	Lamb Meatballs with Tagine Sauce and Rice	Battered Fish with Chips and Lemon Mayonnaise
Sweet Potato and Bean Ragu with Rice	Vegan Philly Mac	Butternut Squash, Sweet Potato & Lentil Roast with Gravy & Roast Potatoes	Vegetable Teriyaki Noodles	Vegan Quesadilla
Sweetcorn & Green Beans	Baked Garlic Tomato & Green Vegetable Medley	Wilted Greens & Carrots	Chilli Broccoli & Mexican Sweetcorn	Baked Beans & Peas
Jam and Coconut Sponge with Custard	Chocolate Orange Brownie	Pear and Oat Crumble with Custard	Eves Apple Pudding with Vanilla Sauce	Lemon & Courgette Cake with Custard

## Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Jerk Chicken Leg with Rice and Peas	Chicken Sausage with Gravy & Mashed Potato	Roast Turkey and Yorkshire Pudding with Gravy and Roast Potatoes	Lamb Lasagne	Breaded Fish with Chips and Lemon Mayonnaise
Chickpea and Butternut Rogan Josh with Rice	Quorn Sausage with Gravy and Mashed Potato	Vegan Quesadilla with Roast Potatoes	Neapolitan Pasta Bake	Vegan Hoisin Pizza with Chips
Green Vegetable Medley & Roast Cauliflower	Chilli Broccoli and Sweetcorn	Roast Parsnips and Wilted Greens	Carrots and Cauliflower	Garden or Mushy Peas and Baked Beans
Berry Muffin Cake with Custard	Apple Crumble with Custard	Jam Tart with Custard	Chocolate Sponge & Vanilla Custard	Pineapple Upside Down with Custard

## Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Tuscan Chicken with Pasta	Beef Jalfrezi with Rice	Roast Lamb with Yorkshire Pudding, Gravy and Roast Potatoes	Chicken Chow Mein	Battered Fish served with chips & Lemon Mayonnaise
Vegetarian Meatballs with Tomato Sauce and Pasta	Vegan Roast Vegetable Lasagne	Cheese and Onion Wholemeal Quiche with Roast Potatoes	Sweet Chilli Soy Strips with Savoury Rice	Bean Burger in a Bun with Chips
Sauteed White Cabbage & Cauliflower	Chilli Broccoli and Carrots	Roast Carrots & Green Vegetable Medley	Sweetcorn Baked Tomato	Baked Beans & Peas
Lemon Drizzle Cake with Custard	Peach Crumble with Custard	Pear & Vanilla Sponge with Custard	Chocolate Muffin Cake with Custard	Fruit Flapjack