



# SOLIHULL

Week 1

## Sample Wraparound Menus

### Monday

#### Main Meal

Chicken and root vegetable casserole

#### Vegetarian option

Chick pea and vegetable casserole

#### On the side

Steamed rice  
Sliced green beans

#### Dessert

Chocolate brownie  
Yogurt  
Sliced fresh fruit

### Tuesday

#### Main Meal

Pork meatballs in a rich tomato sauce

#### Vegetarian option

Quorn balls in a rich tomato sauce

#### On the side

Wholemeal spaghetti  
pasta  
Garden peas

#### Dessert

Lemon mousse  
Jelly pots  
Mandarin oranges

### Wednesday

#### Main Meal

Cod fillet fish fingers in a brioche roll with lettuce and tomato

#### Vegetarian option

Vegi-fingers in a brioche roll with lettuce and tomato

#### On the side

Oven baked potato  
wedges  
Baked beans

#### Dessert

Blueberry sponge with  
vanilla custard  
Yogurt  
Sliced melon

#### Everyday items

Selection of fresh fruit

### Thursday

#### Main Meal

Creamy turkey and leek pie

#### Vegetarian option

Creamy mixed bean and leek pie

#### On the side

Sweet potato mash  
Steamed cauliflower and  
broccoli

#### Dessert

Cranberry flapjack  
Jelly pots  
Pineapple slices

### Friday

#### Main Meal

Jacket potato with beans or tuna mayo

#### Vegetarian option

Jacket potato with vegetable chilli or cheese

#### On the side

Crunchy coleslaw  
Cucumber batons

#### Dessert

Homemade fruit loaf  
Yogurt  
Fruit salad



# SOLIHULL

Week 2

## Sample Wraparound Menus

### Monday

#### Main Meal

Sweet and sour chicken  
with egg noodles

#### Vegetarian option

Tofu sweet and sour with  
egg noodles

#### On the side

Steamed broccoli and  
cauliflower

#### Dessert

Chocolate mousse and  
mandarin oranges  
Yogurt  
Sliced fresh fruit

### Tuesday

#### Main Meal

Beef lasagna with spinach  
pasta

#### Vegetarian option

Vegetable lasagna with  
spinach pasta

#### On the side

Garlic bread  
Corn on the cob

#### Dessert

Sultana and lemon  
shortbread

### Wednesday

#### Main Meal

Sticky pork sausage in a  
warm baguette

#### Vegetarian option

Quorn hotdog with crispy  
onions

#### On the side

Oven baked potato  
wedges  
Baked beans

#### Dessert

Rhubarb crunch crumble  
with vanilla custard

### Thursday

#### Main Meal

Roast of the day with mini  
Yorkshire pudding

#### Vegetarian option

Sweet potato and chick  
pea casserole

#### On the side

Sweet potato mash  
Steamed green cabbage

#### Dessert

Jelly with summer fruit

### Friday

#### Main Meal

Homemade vegetable  
soup  
Fish goujons

#### Vegetarian option

Vegi-dippers

#### On the side

Diced potatoes  
Spaghetti hoops

#### Dessert

Carrot cake

### Everyday items

Selection of fresh fruit