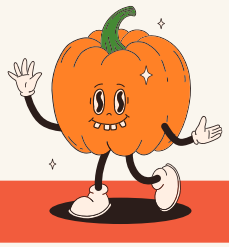
MARTINA'S
homemade foods

Two-Week Menu
September 2026

Our Dishes

V Vegetarian option



Pasta

Meatballs
Pasta marinara

Pasta Bolognese
Rich beef ragù

Chicken Pesto Pasta
Creamy basil

Pesto Pasta V
Garden basil

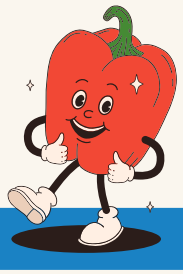
Quorn Bolognese V
Meat-free ragù

Cheesy Pasta Marinara V
Tomato & cheese

Lasagne
With garlic bread

Veggie Lasagne V
With garlic bread

Falafel & Pesto Pasta V
Herb falafel



Rice & Curry

Chicken Curry
Steamed rice

Chicken Korma
Mild & creamy

Chicken Tikka Masala
Steamed rice

Sweet Potato Korma V
Veggie · rice

Chickpea Curry V
Veggie · rice

Chicken Spice Bowl
Veggie rice

Falafel Spice Bowl V
Veggie rice

Roasts, mains & Fish

Roast Ham
Mash, carrots & gravy

Roast Turkey
Mash, veg & gravy

Roast Chicken
Mash, carrots & gravy

Savoury Mince
Mashed potato

Chicken Casserole
Mashed potato

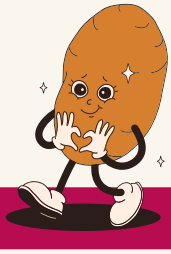
Barbecue Chicken
Garlic potato & carrots

Veggie Sausages V
Garlic potatoes

Baked Fish Fingers
Mash & garden peas

Baked Fish Goujons
Mash & garden peas

Breaded Chicken
Potato cubes



Pizza & Ciabattas

Margherita Pizza
Corn on the cob

Ham & Cheese Ciabatta
Served hot

Cajun Chicken Ciabatta
With cheese

Chicken Pesto Ciabatta
Basil pesto

Sweet Chilli Chicken
Cheese ciabatta

Cheesy Ciabatta V
Melted cheese

All meals freshly prepared & allergen information available on request.

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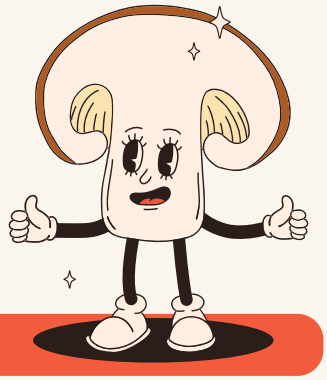
Two-Week Menu Calendar

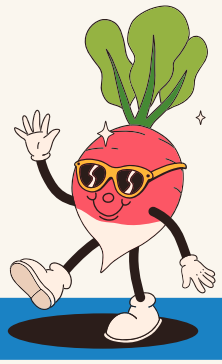
FOR CHOICES EVERY DAY, MONDAY - FRIDAY

Main Meal · Alternative · Daily Special · Vegetarian



Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	MEATBALLS & PASTA MARINARA	ROAST HAM, MASHED POTATO , CARROTS & GRAVY	BAKED FISH, FINGERS, MASHED POTATO AND GARDEN PEAS	ROAST TURKEY, MASHED POTATO, MIXED VEG AND GRAVY	CHICKEN CURRY AND RICE
Alternative	CHICKEN KORMA AND RICE	CHICKEN CURRY AND RICE	PASTA BOLOGNESE	CHICKEN PESTO PASTA	BREADED CHICKEN WITH POTATO CUBES
Daily Special	MARGHERITA PIZZA AND CORN ON COB	HOT HAM & CHEESE CIABATTA	CAJUN CHICKEN CIABATTA WITH CHEESE	CHICKEN TIKKA MASALLA WITH RICE	CHICKEN PESTO CIABATTA
Vegetarian	SWEET POTATO VEGGIE KORMA AND RICE	VEGGIE CHICKPEA CURRY AND RICE	QUORN VEGGIE BOLOGNESE	PESTO PASTA	FALAFEL SPICE BOWL



Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	BAKED FISH, GOUJONS, MASHED POTATO AND GARDEN PEAS	SAVORY MINCE AND MASH POTATO	CHICKEN CASEROLE AND MASHED POTATO	ROAST CHICKEN, MASHED POTATO AND CARROTS WITH GRAVY	CHICKEN CURRY AND RICE
Alternative	CHICKEN TIKKA MASALLA AND RICE	CHICKEN CURRY AND RICE	LASAGNE AND GARLIC BREAD	CHICKEN PESTO PASTA	BREADED CHICKEN WITH POTATO CUBES
Daily Special	MARGHERITA PIZZA AND CORN ON COB	SWEET CHILLI CHICKEN AND CHEESE CIABATTA	CHEESEY CIABATTA	BARBECUE CHICKEN, CREAMY GARLIC POTATO AND CARROTS	CHICKEN SPICE BOWL WITH VEGGIE RICE
Vegetarian	CHEESY PASTA MARINARA	VEGGIE CURRY AND RICE	VEGGIE LASAGNE	VEGGIE SAUSAGE WITH GARLIC POTATOES	FALAFEL AND PESTO PASTA

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