



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef & Tomato Ragout with Pasta	Chinese Style Chicken with Rice	Roast Gammon with Roast Potatoes & Gravy	Chicken Tikka Masala	Fish Fingers & Chips
Vegetarian Main Meal	Italian Cheese & Tomato Pizza with Baked Wedges	Chinese Style Vegetables & Noodles Stir Fry	Macaroni Cheese	Potato & Spinach Curry	Vegan Nuggets & Chips
Vegetables	Sweetcorn	Broccoli	Baton Carrots	Mixed Vegetables	Baked Beans or Peas
Jacket Potatoes	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo
Pudding	Apple & Cinnamon Crumble & Custard	Jam Sponge & Vanilla Sauce	Orange Jelly	Vanilla Shortbread	Chocolate Sponge

Fresh
Balanced
Delicious





Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Traditional Pork Sausage & Mash with Gravy	Creamy Beef Lasagne	Roast Turkey with Roast Potatoes & Gravy	Chilli Con Carne & Rice	Fish Fingers & Chips
Vegetarian Main Meal	Vegan Sausage & Mash with Gravy	Vegan Bolognese	Cheddar, Broccoli & Leek Quiche	Vegetable Chilli & Rice	Margarita Wrap & Chips
Vegetables	Sweetcorn	Broccoli	Baton Carrots	Mix vegetables	Baked Beans Or Peas
Jacket Potatoes	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo
Pudding	Classic Apple Crumble	Lemon Sponge	Strawberry Jelly	Strawberry Yoghurt	Boston Brownie

Fresh
Balanced
Delicious





Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Mixed Vegetable & Bean Hot Wrap with	Mild & Creamy Makhani Chicken Curry with Pilau Rice	Roast Chicken with Roast Potatoes & Gravy	Chicken & Sweetcorn Pasta	Fish & Chips
Vegetarian Main Meal	Italian Cheese & Tomato Pizza & Baked Wedges	Split Pea & Cauliflower Curry	Vegan Wellington with Roast Potatoes & Gravy	Crispy Topped Mac & Cheese	Southern Fried Veggie Burger & Chips
Vegetables	Sweetcorn	Broccoli	Baton Carrots	Mixed Vegetables	Baked Beans
Jacket Potatoes	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo
Pudding	Apple & Berry Crumble	Pineapple sponge	Raspberry Jelly	Chocolate Cupcake	Chocolate Brownie

Fresh
Balanced
Delicious

