



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Salmon Sub Melt with Wedges	Beef Chilli Con Carne with 50/50 Carrot Rice	Roast Turkey with Mash & Gravy	Chicken & Tomato Wholegrain Pasta Bake	Battered Fish & Chips
VEGETARIAN MAIN MEAL	Italian Cheese & Tomato Pizza, Oven Baked Wedges	Vegan Chilli with 50/50 Carrot Rice	Vegan Sausage Puff with Mash & Gravy	Crispy Topped Mac n Cheese	Slightly Spicy Vegan Bean Burger & Chips
VEGETABLES	Carrots & Peas	Sweetcorn & Peas	Seasonal Vegetables & Carrots	Sweetcorn & Green Beans	Baked Beans & Cobettes
JACKET POTATOES	Cheese, Baked Beans or Tuna Mayo				
PUDDING	Strawberry Yoghurt	Sticky Toffee Apple Crumble with Custard	Raspberry Jelly & Mandarins	Pear & Cocoa Sponge with Vanilla Sauce	Chocolate Cookie



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Traditional Pork Sausage & Mash with Gravy	Chicken Tikka Masala with 50/50 Rice	Roast Chicken with Roasties & Gravy	Creamy Beef & Tomato Lasagne	Fish Fingers & Chips
VEGETARIAN MAIN MEAL	Vegan Sausage & Mash with Gravy	Vegan Quorn & Spinach Korma with 50/50 Rice	Tomato & Spinach Spanish Omelette	Vegan Bean Lasagne	Cheese & Onion Pasty with Chips
VEGETABLES	Carrots & Green Beans	Kachumber Salad (Cucumber, Tomato & Onion)	Seasonal Vegetables & Carrots	Sweetcorn & Broccoli	Baked Beans & Peas
JACKET POTATOES	Cheese, Baked Beans or Tuna Mayo				
PUDDING	Vegan Shortbread	Oaty Apple Crumble with Custard	Strawberry Yoghurt	Orange Mandarin Jelly	Banana Muffin



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Ham Pizza with Oven Baked Wedges	Beef Bolognese with 50/50 Pasta	Roast Gammon with Roast Potatoes & Gravy	Chicken Fried Rice	Battered Fish & Chips
VEGETARIAN MAIN MEAL	Cheese & Tomato Pizza with Oven Baked Wedges	Vegan Roasted Vegetable Bolognese with 50/50 Pasta	Quorn Roast with Roast Potatoes & Gravy	Vegetable Fried Rice	Vegan BBQ Falafel Burger & Chips
VEGETABLES	Mixed Garden Salad	Sweetcorn & Broccoli	Seasonal Vegetables & Carrots	Garden Peas & Sweetcorn	Baked Beans & Peas
JACKET POTATOES	Cheese, Baked Beans or Tuna Mayo				
PUDDING	Strawberry Jelly with Fruit Salad	Pear & Apple Crumble with Custard	Strawberry Yoghurt	Jam Sponge with Custard	Chocolate Brownie