



































MENU (Week 1)

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Plant based spaghetti meatballs with five vegetables tomato sauce, herby garlic bread and steamed fresh vegetables 	Jacket potato with beef chilli, cheese, sour cream and salad or Jacket potato with vegetable chilli, cheese, sour cream and salad  	Butter chicken with steamed rice, garlic and coriander naan and Indian salad or Roast vegetables and chickpea curry with steamed rice, garlic and coriander naan and Indian salad 	Sweet and sour chicken with rice and steamed vegetables  or Sweet and sour vegetables with rice and steamed vegetables  	Margherita pizza, cucumber and tomatoes, carrot sticks 
Dessert	Dessert	Dessert	Dessert	Dessert
Assorted yoghurts 	Chocolate flapjack 	Lemon sponge and custard 	Plain yoghurt, honey and fresh banana  	Fresh fruit salad  



MENU (Week 2)

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Jacket potatoes with tuna, cheese, beans and cucumber sticks (available as  )	Beef and onion casserole, carrots and mash potatoes 	Chicken bites, parmentier, carrots and peas with bread and butter	Leek and chive sausage and mash with gravy, Yorkshire pudding and green beans	Steamed pollock in a roasted tomato and pepper sauce with cous cous and cucumber sticks
	<i>or</i>	<i>or</i>	<i>or</i>	<i>or</i>
	Soy mince and onion casserole, carrots and mash potato  	"Chicken" goujons, parmentier, carrots and peas with bread and butter 	Plant based sausage and mash with gravy and Yorkshire pudding, green beans  (available as )	Chickpea, courgette and red onion in a roasted tomato and pepper sauce with cous cous and cucumber sticks 
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh fruit salad  	Berry trifle 	Apple crumble with custard 	Banoffee mousse  	Greek yoghurt, honey and sultanas  



MENU (Week 3)

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Lemon chicken fillet with new potatoes, yoghurt and salad ⓘ	Jacket potatoes with tuna, cheese, beans and cucumber sticks ⓘ (available as 🍃)	Beef Bolognese with penne, cheese sauce and salad	Roast chicken dinner with roast potatoes, steamed vegetables, Yorkshire pudding and gravy	Fish fingers and chips with peas, bread and butter
or		or	or	or
Chargrilled sweet potato and chickpea tagine with new potatoes, yoghurt and salad 🍃 ⓘ (available as 🍃)		Courgette and red pepper in five vegetables tomato sauce with penne, cheese sauce and salad 🍃	Roast butternut dinner with roast potatoes, steamed vegetables, Yorkshire pudding and gravy 🍃	"Fish" goujons and chips with peas, bread and butter 🍃
Dessert	Dessert	Dessert	Dessert	Dessert
Rice pudding and apricot compote 🍃 ⓘ	Fresh fruit salad 🍃 ⓘ	Chocolate mousse 🍃 ⓘ	Mandarin, orange jelly and ice cream 🍃 ⓘ	Pancakes with berry compote 🍃