



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheesy Salmon Sub Melt with Baked Wedges	Creamy Beef Lasagne	Roast Gammon & Roast Potatoes with Gravy	Chicken Tikka Masala with Wholegrain & White Rice	Fish Fingers & Chips
VEGETARIAN MAIN MEAL	Italian Cheese & Tomato Pizza with Baked Wedges	Plant Based Meatball Pasta Bake	Vegan Sausage Puff & Roast Potatoes with Gravy	Goan Potato & Spinach Curry with Wholegrain & White Rice	Vegan Vegetable Nuggets & Chips
VEGETABLES	Carrots & Peas	Garden Peas	Seasonal Vegetables	Tomato, Cucumber & Carrot Salad	Baked Beans
JACKET POTATOES	Cheddar Cheese, Baked Beans or Tuna Mayonnaise				
PUDDING	Vanilla Yoghurt	Apple Strudel & Custard	Strawberry Jelly & Mandarins	Pear & Cocoa Sponge with Vanilla Sauce	Chocolate Cookie



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Traditional Pork Sausage & Mash	Texan Style Mince Beef with Wholegrain & White Carrot Rice	Roast Turkey & Roast Potatoes with Gravy	Pasta Carbonara with Bacon & Homemade Garlic Bread	Battered Fish & Chips
VEGETARIAN MAIN MEAL	Baked Gnocchi in Tomato & Basil Sauce	Plant Based Chilli with Wholegrain & White Carrot Rice	Red Pepper & Spinach Spanish Omelette	Crispy Topped Mac 'n' Cheese & Homemade Garlic Bread	Margherita Wrap & Chips
VEGETABLES	Carrots	Sweetcorn	Seasonal Vegetables	Garden Peas	Baked Beans
JACKET POTATOES	Cheddar Cheese, Baked Beans or Tuna Mayonnaise				
PUDDING	Vegan Lemon Shortbread	Pear Crumble & Custard	Vanilla Yoghurt	Eves Pudding & Vanilla Sauce	Oaty Fruit Crunch



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mixed Vegetable & Bean Hot Wrap with Baked Wedges	Beef Bolognese with Wholegrain & White Pasta	Roast Chicken & Roast Potatoes with Gravy	Mild & Creamy Makhani Chicken Curry with Pilau Rice	Fish Fingers & Chips
VEGETARIAN MAIN MEAL	Italian Cheese & Tomato Pizza with Baked Wedges	Vegan Roasted Vegetable Bolognese with Wholegrain & White Pasta	Vegan Wellington & Roast Potatoes with Gravy	Sri Lankan Split Pea & Cauliflower Curry with Pilau Rice	Onion Bhaji Burger & Chips
VEGETABLES	Sweetcorn	Garden Peas	Seasonal Vegetables	Tomato, Cucumber & Carrot Salad	Baked Beans
JACKET POTATOES	Cheddar Cheese, Baked Beans or Tuna Mayonnaise				
PUDDING	Vanilla Yoghurt	Pineapple Upside Down Cake & Vanilla Sauce	Strawberry Jelly with Fruit Cocktail	Homemade Apple Crumble & Custard	Chocolate Cracknell