| WEEK 1                   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--------------------------|--|--|---|--|--|
| Meat Choice              | Cheese & Tomato Pizza<br>With mini wedges          | Savoury Mince & Mash<br>Potato                     | Roast Gammon, Roast<br>Potatoes, Yorkshire<br>Pudding & gravy | BBQ Chicken & Boiled Rice                            | 100% Beef Burger on a<br>Bun with Chips            |
| Vegetarian<br>Choice     | Vegetable Lasagne &<br>Garlic Slice                | Savoury Quorn Mince &<br>Mash Potato               | Quorn Fillet Roast<br>Potatoes, Yorkshire<br>Pudding & gravy  | Cheese & Potato Pie                                  | Cod in Batter & Chips                              |
| Vegetables<br>of the Day | Garden peas<br>Sweetcorn                           | Coleslaw<br>Baked beans                            | Broccoli<br>Peas  | Cauliflower<br>Sweetcorn                             | Mushy peas<br>Baked beans                          |
| Jacket<br>Potatoes       | Jacket Potato with choice of hot and cold fillings | Jacket Potato with choice of hot and cold fillings | Jacket Potato with choice of hot and cold fillings            | Jacket Potato with choice of hot and cold fillings   | Jacket Potato with choice of hot and cold fillings |
| Sandwich<br>Choice       | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo             | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo             | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo                        | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo               | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo             |
| Pasta Special            | Tuna Pasta   | Pasta Carbonara                                    | Sweet Chilli Pasta  | Pasta Arriabbiata                                    | Macaroni Cheese                                    |
| Dessert                  | syrup sponge and custard<br>Fresh fruit or yoghurt | Rice pudding<br>Fresh fruit or yoghurt             | Ginger biscuit and milk<br>Fresh fruit or yoghurt             | Chocolate sponge with custard Fresh fruit or yoghurt | Ice cream roll<br>Fresh fruit or yoghurt           |







FOR MORE INFORMATION ON HEALTHY EATING VISIT A

| WEEK 2                   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--------------------------|--|--|--|--|--|
| Meat Choice              | Sausage in Yorkshire<br>Pudding, Mash & Gravy      | Shepherd's pie                                       | Roast Beef, Roast<br>Potatoes, Yorkshire<br>pudding & Gravy    | Beef Chilli & Rice   | Cod & Salmon Fish Cake<br>with Chips               |
| Vegetarian<br>Choice     | Vegetable Chilli & Rice                            | Cheese & potato layer                                | Veggie Fillet, Roast<br>Potatoes, Yorkshire<br>pudding & Gravy | Cheese Pin Wheel & Mini<br>Jackets                         | Veggie burger served with chips                    |
| Vegetables<br>Of the Day | Baby carrots<br>Garden peas                        | Mixed vegetable medley                               | Green beans<br>Baked beans                                     | broccoli   | Mushy Peas<br>Baked beans                          |
| Jacket<br>Potatoes       | Jacket Potato with choice of hot and cold fillings | Jacket Potato with choice of hot and cold fillings   | Jacket Potato with choice of hot and cold fillings             | Jacket Potato with choice of hot and cold fillings         | Jacket Potato with choice of hot and cold fillings |
| Sandwich<br>Choice       | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo             | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo               | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo                         | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo                     | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo             |
| Special                  | Pasta Arrabbiata                                   | Pasta Carbonara                                      | Tuna Pasta   | Tomato Pasta   | Macaroni Cheese                                    |
| Dessert                  | Blueberry muffins<br>Fresh fruit or yoghurt        | Chocolate sponge with custard Fresh fruit or yoghurt | Homemade oatey cookies<br>Fresh fruit or yoghurt               | Cherry pie with vanilla<br>sauce<br>Fresh fruit or yoghurt | Fruity flapjack<br>Fresh fruit or yoghurt          |







FOR MORE INFORMATION ON HEALTHY EATING VISIT

|   | WEEK 3                   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |  |
|---|--------------------------|--|--|--|---|--|--|
|   | Meat Choice              | Stone baked pizza served with mini jacket potatoes | Chicken sausages served with creamy mash potatoes  | Roast Turkey, Roast<br>Potatoes, Yorkshire<br>Pudding & Gravy    | Chicken Curry & Rice                                    | Fish Fingers & Chips                               |  |
|   | Vegetarian<br>Choice     | Quorn & vegetable stir fry                         | Quorn Sausage served with creamy mash potato       | Quorn chicken fillets served<br>with roast potatoes and<br>gravy | Vegetable Lasagne &<br>Garlic Slice                     | Veggie Burger & Chips                              |  |
|   | Vegetables<br>Of the Day | Green beans<br>Sweetcorn                           | Broccoli<br>Peas                                   | Coleslaw<br>Roasted vegetables                                   | Baton carrots   | Mushy peas<br>Baked beans                          |  |
|   | Jacket<br>Potatoes       | Jacket Potato with choice of hot and cold fillings | Jacket Potato with choice of hot and cold fillings | Jacket Potato with choice of hot and cold fillings               | Jacket Potato with choice of hot and cold fillings      | Jacket Potato with choice of hot and cold fillings |  |
| / | Sandwich<br>Choice       | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo             | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo             | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo                           | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo                  | Tuna Mayo<br>Cheese<br>Ham<br>Egg Mayo             |  |
|   | Pasta Special            | Pasta Arrabbiata                                   | Pasta Carbanara                                    | Tuna Pasta   | Sweet Chilli Pasta                                      | Macaroni Cheese                                    |  |
|   | Dessert                  | apple crumble & custard<br>Fresh fruit or yoghurt  | Raspberry Jelly<br>Fresh fruit or yoghurt          | Bakewell tart<br>Fresh fruit or yoghurt                          | Chocolate sponge &<br>custard<br>Fresh fruit or yoghurt | Iced muffins<br>Fresh fruit or yoghurt             |  |







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