



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN MEAL	Cheesy Salmon Sub Melt with Baked Wedges	Creamy Beef Lasagne	Smokey Bean & Beef Pasta	Roast Gammon & Roast Potatoes with Gravy	Mild Chicken Massaman Curry 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	Vegan Sweet & Sour Butternut Squash with Wholegrain & White Rice	Vegan Vegetable Nuggets & Chips
PASTA	Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce		Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce	Pasta with Tomato & Basil Sauce
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	Apple & Cocoa Sponge with Vanilla Sauce	Vegan Shortbread



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN MEAL	Traditional Pork & Beef Sausage & Mash	Beef & Basil Pasta Bake	Chicken & Tomato Pasta Bake	Roast Turkey & Roast Potatoes with Gravy	Mild Mexican Beef Chilli with Wholegrain & White Carrot Rice	Battered Fish & Chips
VEGETARIAN MAIN MEAL	Vegan Plant Based Sausage & Mash	Vegan Baked Gnocchi in Tomato & Basil Sauce		Red Pepper & Spinach Spanish Omelette	Vegan Mild Plant Based Chilli with Wholegrain & White Carrot Rice	Margherita Wrap & Chips
PASTA	Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce		Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce	Pasta with Tomato & Basil Sauce
VEGETABLES	Carrots	Sweetcorn		Seasonal Vegetables	Garden Peas	Baked Beans
JACKET POTATOES	Cheddar Cheese, Baked Beans or Tuna Mayonnaise					
PUDDING	Vanilla Yoghurt	Peach & Pineapple Crumble with Custard		Orange Jelly	Eves Pudding & Vanilla Sauce	Chocolate Cookie



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN MEAL	Mixed Vegetable & Bean Hot Wrap with Baked Wedges	Beef Bolognese with Wholegrain & White Pasta	Creamy Chicken & Sweetcorn with Wholegrain & White Pasta	Roast Chicken & Roast Potatoes with Gravy	Mild Chicken Bhuna Curry with Wholegrain & White Carrot Rice	Fish Fingers & Chips
VEGETARIAN MAIN MEAL	Italian Cheese & Tomato Pizza with Baked Wedges	Vegan Plant Based Bolognese with Wholegrain & White Pasta		Macaroni Cheese	Mild Chickpea & Paneer Korma with Wholegrain & White Carrot Rice	Vegan Falafel Kofta & Chips with Asian Slaw
PASTA	Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce		Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce	Pasta with Tomato & Basil Sauce
VEGETABLES	Sweetcorn	Carrots & Peas		Seasonal Vegetables	Tomato, Cucumber & Carrot Salad	Baked Beans
JACKET POTATOES	Cheddar Cheese, Baked Beans or Tuna Mayonnaise					
PUDDING	Vanilla Yoghurt	Blueberry Muffin		Strawberry Jelly with Fruit Cocktail	Homemade Apple Crumble & Custard	White Chocolate Crispie Cake