

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Chicken & Tomato Pasta Bake	Beef Lasagne OR Beef Chilli Con Carne with 50/50 Rice	Roast Gammon with Roast Potatoes & Gravy	Chicken & Vegetable Stir Fry with 50/50 Rice	Fish Fingers & Chips
Vegetarian Main Meal	Vegetarian Quesadillas	Classic Ratatouille & Spaghetti	Roast Vegetable Filo Parcels with Roast Potatoes	Margherita Pizza Focaccia with Baked Wedges	Traditional Cheese Quiche & Chips
Vegetables	Green Beans	Broccoli	Seasonal Vegetables	Garden Peas	Baked Beans
Jacket Potatoes	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo
Pudding	Vanilla Sponge with Custard	Orange Mandarin Jelly	Fruit Yoghurt	Apple Sponge with Custard	Chocolate Cookie
Pick & Mix Sandwiches & Dessert	Ham Roll / Cheese Roll - Vanilla Sponge with Custard	Chicken Roll / Egg Mayonnaise Roll - Orange Mandarin Jelly	Ham Roll / Cheese Roll - Fruit Yoghurt	Tuna Mayonnaise Roll / Cheese Roll - Apple Sponge with Custard	Ham Roll / Egg Mayonnaise Roll - Chocolate Cookie

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Traditional Pork Sausage & Mash with Gravy	Salmon & Broccoli Pasta Bake OR Tuna Pasta Bake	Roast Chicken with Roast Potatoes & Gravy	Mild Chicken Korma with 50/50 Rice	Chicken Strips & Chips
Vegetarian Main Meal	Vegan Sausage & Mash with Gravy	Oven Baked Macaroni Cheese	Frittata with Potatoes, Red Peppers & Spinach	Chickpea, Squash & Spinach Curry with 50/50 Rice	Cheese & Onion Pasty with Chips
Vegetables	Carrots	Sweetcorn	Seasonal Vegetables	Spring Greens	Baked Beans
Jacket Potatoes	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo
Pudding	Shortbread	Apple Sponge with Custard	Fruit Yoghurt	Orange Mandarin Jelly	Oaty Flapjack
Pick & Mix Sandwiches & Dessert	Ham Roll / Cheese Roll - Shortbread	Chicken Roll / Egg Mayonnaise Roll - Apple Sponge with Custard	Ham Roll / Cheese Roll - Fruit Yoghurt	Tuna Mayonnaise Roll / Cheese Roll - Orange Mandarin Jelly	Ham Roll / Egg Mayonnaise Roll - Oaty Flapjack

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Bolognese with 50/50 Pasta	Sweet & Sour Chicken with 50/50 Rice OR Beef Meatballs with 50/50 Rice	Roast Turkey with Mashed Potatoes & Gravy	Beef Cottage Pie with Root Vegetable Mash	Fish & Chips
Vegetarian Main Meal	Roasted Vegetable Bolognese with 50/50 Pasta	Margherita Pizza Focaccia with Baked Wedges	Vegan Sausage Puff with Mashed Potatoes	Vegetable & Lentil Cottage Pie	Veggie Burger & Chips
Vegetables	Broccoli	Carrots	Seasonal Vegetables	Garden Peas	Baked Beans
Jacket Potatoes	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo
Pudding	Vanilla Sponge with Custard	Orange Mandarin Jelly	Fruit Yoghurt	Jam Sponge with Custard	Chocolate Brownie
Pick & Mix Sandwiches & Dessert	Ham Roll / Cheese Roll - Vanilla Sponge with Custard	Chicken Roll / Egg Mayonnaise Roll - Orange Mandarin Jelly	Ham Roll / Cheese Roll - Fruit Yoghurt	Tuna Mayonnaise Roll / Cheese Roll - Jam Sponge with Custard	Ham Roll / Egg Mayonnaise Roll - Chocolate Brownie