

# WEEK 1

DAY	LUNCH	DESSERT	VEGETARIAN	TEA	DESSERT	VEGETARIAN
<b>MONDAY</b>	Cod, Potato and Spinach Curry with Mixed Vegetable Cous Cous	Greek Yoghurt and Raspberry Puree *Or fresh fruit	Lentil, Potato and Spinach Curry with Mixed Vegetable Cous Cous	Ploughman's Lunch (crackers, cheese, apple slices, grapes and tomato chutney)	Jam Sponge and Custard *Or fresh fruit	Ploughman's Lunch (crackers, cheese, apple slices, grapes and tomato chutney)
<b>TUESDAY</b>	Homemade Ham & Mushroom Pizza with Potato Salad, Peas and Sweetcorn	Apple & Blackberry Crumble with Crème Fraiche *Or fresh fruit	Homemade Quorn Ham & Mushroom Pizza with Potato Salad, Peas and Sweetcorn	Sardine Bolognese with Garlic Bread	Fruit Bites with Cream	Meat free and Vegetable Bolognese with Garlic Bread
<b>WEDNESDAY</b>	Seasonal Turkey Casserole with a Scone Top, Green Beans and Carrots	Lime mousse *Or fresh fruit V- fruit & Greek yogurt	Seasonal Quorn Casserole with a Scone Top, Green Beans and Carrots	Homemade Pork & Apple Burgers with Pitta Bread Chips, Sweetcorn and Tomato Relish	Pea and Vanilla Cake with Lemon Drizzle Cream Icing *Or fresh fruit	Homemade Meat Free Mince & Apple Burgers with Pitta Bread Chips, Sweetcorn and Tomato Relish
<b>THURSDAY</b>	Toad in the Hole with Creamed Potato, Broccoli, Cauliflower & Gravy	Summer Fruit Jelly *Or fresh fruit V-Suitable for Vegetarian Jelly Pot Summer Fruit	Meat Free Toad in the Hole, Creamed Potato, Broccoli, Cauliflower & Gravy	Minted Chicken Rigatoni	Banana and Choc Chip Fromage Frais  *Or fresh fruit	Minted Meat Free Rigatoni
<b>FRIDAY</b>	Vegetable Biryani with Homemade Curry Sauce and Naan Bread	Homemade Raisin Short Bread with Satsuma Segments *Or fresh fruit	Vegetable Biryani with Homemade Curry Sauce and Naan Bread	Beef & Vegetable Lasagne with Cherry Tomatoes and Carrot Batons	Pineapple, Peach and Strawberry Salad	Meat Free Mince & Vegetable Lasagne with Carrot Batons and Cherry Tomatoes

Key: Fish



Poultry



Red Meat



Vegetarian/Dairy



Milk/Dairy based Pudd



Fruit Pudd



Cake/Biscuit



## WEEK 2

DAY	LUNCH	DESSERT	VEGETARIAN	TEA	DESSERT	VEGETARIAN
<b>MONDAY</b>	Macaroni and Cauliflower Cheese with Broccoli	Vanilla Ice Cream with Peaches *Or fresh fruit	Macaroni and Cauliflower Cheese with Broccoli	Beef Chilli with Wild Rice and Sweet Corn	Tropical Fruit Cocktail	Meat Free Chilli with Wild Rice and Sweet Corn
<b>TUESDAY</b>	Steamed White Fish in Tomato and Pepper Sauce with Green Beans and Cous Cous	Raspberry, Pear and Madarin Salad	Tofu in Tomato and Pepper Sauce with Green Beans and Cous Cous	Homemade Minestrone Soup with a Wholemeal Bread Roll	Wholemeal Crackers with a Selection of Cheeses, Apple Wedges & Grapes *Or fresh fruit	Homemade Minestrone Soup with a Wholemeal Bread Roll
<b>WEDNESDAY</b>	African Sweet Potato and Bean Stew with Crusty Bread	Fruit Yoghurt Pot *Or fresh fruit	African Sweet Potato and Bean Stew with Crusty Bread	Tuna Crunch Wholemeal Sandwiches with Cherry Tomatoes	Pineapple Upside Down Pudding with Custard *Or fresh fruit	Cheese Savoury Wholemeal Sandwiches with Cherry Tomatoes
<b>THURSDAY</b>	Turkey Meatballs in Gravy with Leek and Spring Onion Mash, Green Cabbage and Carrots	Blueberry Squares *Or fresh fruit	Meat Free Meatballs in Gravy with Leek and Spring Onion Mash, Green Cabbage and Carrots	Toasted Crumpets with Homemade Baked Beans and Grated Cheese	Pear Slices with Cream	Toasted Crumpets with Homemade Baked Beans and Grated Cheese
<b>FRIDAY</b>	Sweet and Sour Pork and mixed vegetables with Noodles	Homemade Coconut Rice Pudding with Strawberry puree *Or fresh fruit	Sweet and Sour Tofu and mixed vegetables with Noodles	Chicken Pasta in Tomato Sauce with Mediterranean Vegetables	Apricot and White Chocolate Krispy Cake *Or fresh fruit	Meat Free Style Pasta in Tomato Sauce with Mediterranean Vegetables

Key: Fish



Poultry



Red Meat



Vegetarian/Dairy



Milk/Dairy based Pudd



Fruit Pudd



Cake/Biscuit



# WEEK 3

DAY	LUNCH	DESSERT	VEGETARIAN	TEA	DESSERT	VEGETARIAN
<b>MONDAY</b>	Beef Mince and Dumplings, Crushed New Potatoes, Broccoli and Sweetcorn	Seasonal Fruit Slices with Natural Yoghurt Dip	Meat Free Mince and Dumplings, Crushed New Potatoes, Broccoli and Sweetcorn	Mackerel on Wholemeal Crisp Bread with Carrot Sticks and Cherry Tomatoes	Semolina and Sliced Banana *Or fresh fruit	Cream Cheese on Wholemeal Crisp Bread with Carrot Sticks and Cherry Tomatoes
<b>TUESDAY</b>	Thai Chicken Curry with Jasmin Rice and Green Beans	Neapolitan Ice Cream and Wafers *Or fresh fruit	Thai Tofu Curry with Jasmin Rice and Green Beans	Ham Wholemeal Sandwiches, Cheese Cubes and Cucumber Batons	Peach Bites with Cream & Raspberry Sauce	Quorn Ham Wholemeal Sandwiches, Cheese Cubes and Cucumber Batons
<b>WEDNESDAY</b>	Cheese and Potato Pie, Homemade Baked Beans and Cherry Tomatoes	Fruit Yoghurt Pot *Or fresh fruit	Cheese and Potato Pie, Homemade Baked Beans and Cherry Tomatoes	Turkey and Houmous Pin Wheels with Tomato & Roasted Veg Pasta Salad	Chocolate and Beetroot Muffins *Or fresh fruit	Quorn Turkey and Houmous Pin Wheels with Tomato & Roasted Veg Pasta Salad
<b>THURSDAY</b>	Roast Chicken & Potatoes, Carrots, Cauliflower, Yorkshire Pudding & Gravy	Homemade 3 Fruit Flapjack *Or fresh fruit	Quorn Chicken & Roast Potatoes, Carrot, Cauliflower & Yorkshire Pudding & Gravy	Feta Cheese and Red Onion Pizza with Homemade Wholemeal Spaghetti	Strawberry Mousse *Or fresh fruit	Feta Cheese and Red Onion Pizza with Homemade Wholemeal Spaghetti
<b>FRIDAY</b>	Smoked Haddock Quiche, Savoury Rice and Parsley Sauce	Fromage Frais Pot *Or fresh fruit	Tofu and Mushroom Quiche, Savoury Rice and Parsley Sauce	Chinese Chicken and Mushroom with Noodles	Cherry Wholemeal Scone with Jam *Or fresh fruit	Chinese Quorn and Mushroom with Noodles

Key: Fish



Poultry



Red Meat



Vegetarian/Dairy



Milk/Dairy based Pudd



Fruit Pudd



Cake/Biscuit

