

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option	Pork and carrot or Quorn meatballs with gravy and creamed potatoes	Beef or Quorn pasta bolognaise	Home roasted Chicken or Quorn With gravy	Mince beef or Quorn pie and gravy	Breaded Cod Star or vegetable fingers
Second Option	Tomato & Basil pasta	Cheese & Potato cake	Herby tomato & bean vegetable casserole	Quorn & wholegrain rice Burrito	Cheese & Tomato Pizza
Lighter Option	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans, tuna or salmon
Accompaniments	Carrots Peas	Herb doughballs Baked beans Mixed veg	Roast potatoes Swede Green beans	Baked potato wedges Broccoli Carrots	Chips Peas Sweetcorn
Additional Items	Fresh baked bread Mixed Salad	Fresh baked bread Mixed Salad	Fresh baked bread Mixed Salad	Fresh baked bread Mixed Salad	Fresh baked bread Mixed Salad
Dessert	Spiced pineapple upside down with custard (50/50)	Chocolate brownie with custard	Oaty biscuits and raisins (50/50)	Chocolate sponge with custard	Rice pudding with jam sauce
Cold options	Fruit salad, whole fruit, yogurts, cheese and crackers, milk and fresh water				

Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option	Sausage or vegetarian sausage with boiled potatoes and gravy	Chicken or Quorn and sweet potato curry with wholegrain rice	Roast gammon or Quorn dinner	Cottage or Quorn pie and gravy	Pink salmon fish fingers or vegetable fingers
Second Option	Neapolitan pasta	Cheese pasty with potato wedges	Plain omelette	Macaroni Cheese	Quorn nuggets
Lighter Option	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans, tuna or salmon
Accompaniments	Carrots Sweetcorn	Broccoli Mixed veg	Roast potatoes Cheese sauce Cauliflower Carrots	Green beans Mixed veg	Chips Baked beans Peas
Additional items	Fresh baked bread Mixed salad	Naan bread Mixed salad	Fresh baked bread Mixed salad	Fresh baked bread Mixed salad	Fresh baked bread Mixed salad
Dessert	Ginger sponge with white sauce	Chocolate & mandarin sponge with custard (50/50)	Fruity flapjack (50/50)	Marble sponge with chocolate sauce	Cornflake tart with custard
Cold Options	Fresh fruit salad, whole fruit, yogurts, cheese and crackers, milk and fresh water				

Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option	Sausage or vegetarian sausage with Yorkshire pudding and roast potatoes	Chicken or Quorn korma with wholegrain rice	Roast turkey or Quorn dinner with stuffing, creamed potato and gravy	Minced beef or Quorn and dumplings	Fish Fingers or vegetable fingers with chips
Second Option	Veggie Pasta Carbonara	Cheese and tomato swirl with baked potato wedges	Sweet and sour vegetables with noodles	Quorn sausages & gravy	Rainbow pasta
Lighter Option	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans, tuna or salmon
Accompaniments	Mixed veg Broccoli	Cauliflower Green beans	Carrots Cabbage	Boiled potatoes Swede Peas	Chips Broccoli Sweetcorn
Additional Items	Fresh baked bread Mixed salad	Naan bread Mixed Salad	Fresh baked bread Mixed Salad	Fresh baked bread Mixed Salad	Fresh baked bread Mixed Salad
Dessert	Fruit crumble with custard (50/50)	Hot chocolate fudge cake with custard	Crunchy biscuit with fruit wedges (50/50)	Chocolate crunch with chocolate sauce	Flapjack with custard
Cold Options	Fresh fruit salad, whole fruit, yogurts, cheese and crackers, milk and fresh water				