

# WEEK 1

## MONDAY

Sausage or Quorn sausage with Yorkshire pudding and creamed potatoes  
or  
Tomato & basil pasta  
or  
Jacket potato with filling

◆ ◆ ◆ ◆ ◆  
Carrots  
Peas

◆ ◆ ◆ ◆ ◆  
Angel Delight and fruit

## TUESDAY

Beef or Quorn pasta bolognese  
or  
Sweet and sour vegetables with noodles  
or  
Ham salad wrap with vegetable sticks

◆ ◆ ◆ ◆ ◆  
Sweetcorn  
Carrot batons

◆ ◆ ◆ ◆ ◆  
Marble sponge with custard

## WEDNESDAY

Chicken curry or Quorn curry and wholegrain rice  
or  
Cheese and onion pastry with baked potato wedges  
or  
Jacket potato with filling

◆ ◆ ◆ ◆ ◆  
Cauliflower  
Green beans  
Naan bread

◆ ◆ ◆ ◆ ◆  
Crunchy biscuits and raisins

## THURSDAY

Roast turkey or Quorn fillet, sage and onion stuffing with gravy  
or  
Plain omelette  
or  
Cheese and tomato wholemeal roll with vegetable sticks

◆ ◆ ◆ ◆ ◆  
Boiled potatoes  
Broccoli  
Mixed vegetables

◆ ◆ ◆ ◆ ◆  
Mandarin sponge with custard

## FRIDAY

Fish fingers or vegetable fingers  
or  
Quorn sausage  
or  
Jacket potato with filling

◆ ◆ ◆ ◆ ◆  
Chips  
Baked beans  
Peas  
Ketchup

◆ ◆ ◆ ◆ ◆  
Ice cream sponge roll with fruit coulis

Available every day: Fresh baked bread, mixed salad, fruit salad, whole fruit, yoghurts, cheese and crackers, milk and fresh water

## WEEK 2

### MONDAY

Pork meatballs with  
tomato pasta

or

Cheese and potato  
cake

or

Jacket potato with  
filling



Coleslaw  
Sweetcorn



Chocolate crunch

### TUESDAY

Savoury mince and  
gravy

or

Quorn sausage and  
gravy

or

Ham and tomato  
wholemeal roll and  
vegetable sticks



Creamed potato  
Broccoli  
Mixed vegetables



Lemon sponge with  
custard

### WEDNESDAY

Chicken or Quorn  
curry with  
wholegrain rice

or

Quorn pieces in a  
fajita sauce with  
wholegrain rice

or

Jacket potato with  
filling



Carrots  
Cauliflower  
Naan bread



Ginger biscuits and  
raisins

### THURSDAY

Roast chicken or  
Quorn fillets with  
Yorkshire pudding,  
roast potatoes and  
gravy

or

Macaroni cheese

or

Egg mayonnaise and  
tomato wholemeal  
roll with vegetable  
sticks



Cabbage  
Mixed vegetables



Flapjack with  
with custard

### FRIDAY

Fish star

or

Cheese and tomato  
pizza slice

or

Jacket potato with  
filling



Chips  
Baked beans  
Peas



Ice cream with fruit

Available every day: Fresh baked bread, mixed salad, fruit salad,  
whole fruit, yoghurts, cheese and crackers, milk and fresh water

# WEEK 3

## MONDAY

Sausage or  
vegetarian sausage  
with creamed  
potatoes and gravy

or

Neapolitan pasta

or

Egg and tomato  
wholemeal roll with  
vegetable sticks

◆ ◆ ◆ ◆ ◆

Broccoli  
Carrots

◆ ◆ ◆ ◆ ◆

Ginger sponge with  
white sauce

## TUESDAY

Beef or Quorn  
burger in a bun with  
baked potato  
wedges

or

Vegetable savoury  
rice

or

Jacket potato with  
filling

◆ ◆ ◆ ◆ ◆

Peas  
Sweetcorn

◆ ◆ ◆ ◆ ◆

Chocolate brownie

## WEDNESDAY

Chicken or Quorn  
Korma with  
wholegrain rice

or

Cheese or plain  
omelette with herby  
diced potatoes

or

Ham salad wrap and  
vegetable sticks

◆ ◆ ◆ ◆ ◆

Broccoli  
Mixed vegetables  
Naan bread

◆ ◆ ◆ ◆ ◆

Oaty biscuit with  
fruit wedges

## THURSDAY

Roast gammon or  
Quorn fillet with  
gravy

or

Cheese and tomato  
swirl

or

Jacket potato with  
filling

◆ ◆ ◆ ◆ ◆

Boiled potatoes  
Carrots  
Cauliflower

◆ ◆ ◆ ◆ ◆

Jam sponge with  
custard

## FRIDAY

Salmon or tuna melt

or

Quorn nuggets

or

Jacket potato with  
filling

◆ ◆ ◆ ◆ ◆

Chips  
Baked beans  
Sweetcorn

◆ ◆ ◆ ◆ ◆

Jelly and fruit

Available every day: Fresh baked bread, mixed salad, fruit salad,  
whole fruit, yoghurts, cheese and crackers, milk and fresh water