

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Meatballs in Tomato Sauce	Chicken & Mushroom Potato Bake	Roast Chicken Drumstick with Yorkshire Pudding	Meat & Vegetable Jolloff Rice	Chilli Con Carne with Rice
Fish	Cod Fillet with Herb Crust	Tuna & Pepper Pizza	Spicy Tuna Pasta Bake	Summer Salmon Salad Wrap	Fish Fingers
Vegetarian	Butternut Squash Macaroni Cheese	Cheese & Tomato Pizza	Shepherdess Pie	Sweet Potato & Quorn Curry	Mixed Bean Burrito
Carbohydrate Choice	Spaghetti Baby Baked Potatoes	Potato Wedges	Roast Potatoes	Rice	Chips
Vegetable Choice	Sweetcorn Fresh Broccoli	Green Beans Fresh Cauliflower	Organic Carrots Cabbage	Mini Corn Cobbett's Mixed Peppers	Garden Peas Baked Beans
Dessert	Fruit Smoothie	Apple Flapjack with Custard	Fruit Jelly & Ice Cream	Berry Cheesecake	Lemon & Courgette Cake with Custard
Daily Options	Fresh Fruit Platter / Fresh Yoghurt / Cheese & Biscuits / Homemade Bread				

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Oven Baked Sausages	Homemade Lasagne	Roast Turkey with Stuffing	Homemade Chicken Tagine	Lamb Keema with Naan
Fish	Italian Style Baked Fish	Salmon & Cod Biryani	Cod in Cheese Sauce	Tuna & Sweetcorn Hoagie Melt	Fish in Batter with Fresh Lemon
Vegetarian	Sticky Quorn Sausages	Vegetable Moussaka	Spinach & Feta Pinwheel	Chick Pea Dhal	Homemade Vegetable Bean Burger
Carbohydrate Choice	Mashed Potato	Freshly Baked Focaccia	Roast Potatoes	Couscous Rice	Chips
Vegetable Choice	Sweetcorn Green Beans	Fresh Cauliflower Garden Peas	Organic Carrots Cabbage	Fresh Broccoli Mixed Peppers	Garden Peas Baked Beans
Dessert	Pancakes with Fruit & Ice Cream	Fresh Fruit Meringue Nest	Date & Apple Sponge with Custard	Fruit & Strawberry Yoghurt Ice Cream	Peach & Pear Crumble with Custard
Daily Options	Fresh Fruit Platter / Fresh Yoghurt / Cheese & Biscuits / Homemade Bread				

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Spaghetti Bolognese	Chicken Korma with Naan Bread	Roast Beef/Lamb	Jerk Chicken Drumsticks	Chicken Fajita
Fish	Tuna French Bread Pizza	Fish Fingers	White Fish Fillet with Parsley Sauce	Homemade Cod Crumble	White Fish Bake
Vegetarian	Vegetable Stir Fry	Cheese, Tomato & Broccoli Quiche	Homemade Spanish Omelette	Vegetable, Lentil & Coconut Curry	Jacket Potato with Cheese & Beans
Carbohydrate Choice	Egg Noodles	New Potatoes	Roast Potatoes	Rice & Peas	Cajun Jacket Wedges
Vegetable Choice	Fresh Cauliflower Broccoli	Roasted Vegetables Green Beans	Organic Carrots Cabbage	Sweetcorn Jamaican Slaw	Baked Beans Garden Peas
Dessert	Raspberry Mousse Slice	Citrus & Coconut Sponge with Custard	Eton Mess Cake	Banana Cake with Custard	Beetroot & Chocolate Brownie
Daily Options	Fresh Fruit Platter / Fresh Yoghurt / Cheese & Biscuits / Homemade Bread				