

Week One

Week Two

Week Three

W/C 4 Sep • 25 Sep • 16 Oct • 13 Nov • 4 Dec • 1 Jan • 22 Jan

11 Sep • 2 Oct • 30 Oct • 20 Nov • 11 Dec • 8 Jan • 29 Jan

18 Sep • 9 Oct • 6 Nov • 27 Nov • 18 Dec • 15 Jan • 5 Feb

Monday

- Saucy beef meatballs
- Cauliflower & broccoli cheese V
- Quorn burger in a bun V

Pasta or mashed potato, sweetcorn, green beans, salad selection

Oaty apple crumble with custard, or yoghurt or fresh fruit

- Chicken Italian
- Saucy veggie balls V
- BLT wrap

Pasta, seasonal vegetables, salad selection

Pear & cinnamon sponge with custard, or yoghurt or fresh fruit

- Chicken grill with a selection of sauces
- Quorn dippers with a selection of sauces V
- Bean burrito V

Baked potato wedges, Mexican peas & sweetcorn, salad selection

Chocolate sponge with chocolate sauce, or yoghurt or fresh fruit

Tuesday

- Bubble crumb salmon fillet
- Cheese & tomato pizza V
- Pasta Napoli V

Baked potato wedges, peas, coleslaw, salad selection

Cold dessert selection or yoghurt or fresh fruit

- Minced beef lasagne with garlic bread
- Cheese & tomato pizza V
- Veggie sausage hot dog V

Seasonal vegetables, coleslaw/potato salad, salad selection

Apple & oat brownie or yoghurt or fresh fruit

- Beef Bolognese
- Cheese & tomato pizza V
- Cheesy pasta V

Pasta, coleslaw, sliced green beans, salad selection

Cold dessert selection or yoghurt or fresh fruit

Wednesday

- Chicken Dhansak
- Quorn fajita V
- Jacket potato with a choice of filling

Rice, seasonal vegetables, salad selection

Tropical flapjack or yoghurt or fresh fruit

- Baked pork sausages
- Sweet potato & lentil curry V
- Jacket potato with tuna & sweetcorn mayo

Mashed potato or rice, baked beans, salad selection

Cold dessert selection or yoghurt or fresh fruit

- Chicken, bacon & sweetcorn pie
- Veggie enchilada V
- Jacket potato with cheese/tuna/coleslaw

Mashed potato, broccoli, cauliflower, salad selection

Pineapple cheesecake or yoghurt or fresh fruit

Thursday

- Pork roast with stuffing
- Veggie whirl V
- Chicken wrap

Roast potatoes, cabbage, carrots, salad selection

Fruit salad with mini shortbread, or yoghurt or fresh fruit

- Chicken roast with stuffing
- Veggie sausages with stuffing V
- Quorn burger with a bun V

Roast potatoes, broccoli, carrots, salad selection

Selection of yoghurts or fresh fruit

- Beef roast with gravy
- Veggie pasty V
- Quorn burger in a bun V

Roast potatoes, carrots, cabbage, salad selection

Selection of yoghurts or fresh fruit

Friday

- Fish of the day
- Italian bean bake V
- Veggie ball sub V

Chipped potatoes, peas, salad selection

Berry & apple muffin or yoghurt or fresh fruit

- Crispy cod fillet
- Macaroni cheese with garlic bread V
- Garden vegetable goujons V

Chipped potatoes, peas, salad selection

Fruit muffin or yoghurt or fresh fruit

- Fish fingers
- Veggie lasagne with garlic bread V
- Cheese & tomato French bread pizza V

Chipped potatoes, peas, salad selection

Fruit bar or yoghurt or fresh fruit

■ = Meat or fish choice (blue wrist band); ■ = Vegetarian choice (yellow wrist band); ■ = 3rd choice (purple wrist band). V = Vegetarian. Freshly baked bread and a salad selection is available every day; fresh drinking water is always available.