

## **WEEK 1 MENU**

WEEKS: 03/11, 24/11, 15/12, 19/01, 09/02, 09/03





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Homemade macaroni chees served with Homemade tomato bread & roasted Mediterranean vegetables	e Homemade beef chilli taco served with savoury vegetable Rice	Roast Chicken served with Potatoes, Yorkshire pudding, carrots, cauliflower And gravy	Minty crispy topped Shepherd's Pie served with Seasonal vegetable	Fish fingers or salmon fish fingers served with chips, garden peas or baked beans & ketchup
MEAT FREE	Cauliflower & chickpea korma served with rice, naan bread fingers & seasonal vegetables	chilli taco served with	Cheese & potato Pie served with Yorkshire pudding, carrots, cauliflower And gravy	Minty crispy topped Shepherdess's Pie served with Seasonal vegetable	Vegetable nuggets served with chips, garden peas or baked beans & ketchup
PASTA 8 JACKET	Jacket potato with choice of toppings served with Fresh salad	Pasta twists with Homemade tomato and vegetable sauce served with fresh salad	Jacket potato with choice of toppings served with Fresh salad	Pasta twists with cheddar cheese sauce with fresh salad	Jacket potato with choice of toppings served with Fresh salad
DESSERT	Fresh fruit pot	Fruit yogurt & coulis Or Fresh fruit pot	Fruit yogurt & coulis Or Fresh fruit pot	Fruit yogurt & coulis Or Fresh fruit pot	Lemon and courgette cake Or Fresh fruit pot



## **WEEK 2 MENU**

WEEKS: 10/11, 01/12, 05/01, 26/01, 16/02, 16/03





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margherita wholemeal pizza served with baked potato wedges, peas & sweetcorn	Greek Style chicken shawarma in a pitta bread served with warm cous cous	Roast turkey served with roast Potatoes, carrots, broccoli, Yorkshire pudding and gravy	Sticky Asian meatballs served with egg fried vegetable Rice	Breaded fish fingers served with chips, garden peas or baked beans & ketchup
MEAT FREE	Traffic Light wholemeal pizza served with baked potato wedges, peas & sweetcorn	Greek style vegetable Shawarma in a pitta bread served with warm cous cous	Baked lentil Road served with roast potatoes, carrots, broccoli, Yorkshire pudding and gravy	Sticky Asian vegetarian meatballs served with egg fried vegetable Rice	Cheese, onion & mixed Pepper roll served with chips, garden peas or baked beans & ketchup
PASTA & JACKETS	Jacket potato with choice of toppings served with Fresh salad	Pasta twists with Homemade tomato and vegetable sauce served with fresh salad	Jacket potato with choice of toppings served with Fresh salad	Pasta twists with cheddar cheese sauce with fresh salad	Jacket potato with choice of toppings served with Fresh salad
DESSERTS	Fresh fruit pot	Fruit yogurt & coulis Or Fresh fruit pot	Fruit yogurt & coulis Or Fresh fruit pot	Fruit yogurt & coulis Or Fresh fruit pot	50/50 iced carrot cake Or fresh fruit pot



## **WEEK 3 MENU**

WEEKS: 17/11, 08/12, 12/01, 02/02, 02/03, 23/03





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese & tomato Swirl served with savoury vegetable Rice	Jerk marinated chicken thigh served with rice & beans	Chicken Sausage roast served with mashed Potatoes, carrots, cabbage, Yorkshire pudding and gravy	Beef Bolognese Served with Spaghetti, Whole Meal Garlic & Herb bread, Seasonal Vegetable	Breaded Fish fillet served with chips, garden peas or Baked beans & ketchup
MEAT FREE	Chinese stir fry vegetables served with Noodles	Jerk sweet potato & black bean served with Rice & Bean Stew	Quorn Sausage roast served with mashed potatoes, carrots, cabbage, Yorkshire pudding and Gravy	Plant Based Bolognese Served with Spaghetti, Whole Meal Garlic & Herb bread, Seasonal Vegetable	Fishless fish fingers served with chips, garden peas or baked beans & ketchup
PASTA & JACKETS	Jacket potato with choice of toppings served with Fresh salad	Pasta twists with Homemade tomato and vegetable sauce served with fresh salad	Jacket potato with choice of toppings served with Fresh salad	Pasta twists with cheddar cheese sauce with fresh salad	Jacket potato with choice of toppings served with Fresh salad
DESSERTS	Fresh fruit pot	Fruit yogurt & coulis Or Fresh fruit pot	Fruit yogurt & coulis Or Fresh fruit pot	Fruit yogurt & coulis Or Fresh fruit pot	Apple and raison flapjack Or Fresh fruit pot