

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat /Fish	Fish Burger	Roast Chicken	Bolognaise	Sausage & Gravy	Beef Casserole
Potato	Bap	Roast Potatoes	Tri-Coloured Pasta	Mashed Potato	Crusty Bread
Veg.	Cucumber/ Carrot Sticks with Sour Cream Dip	Carrots & Green Beans	Peas	Mixed Vegetables	Mixed Vegetables
V	Vegi Burger	Quorn Fillet	Macaroni Cheese	Vegi Sausage	Quorn Meat Ball Casserole
Dessert	Lemon Cake*	Fruit Jelly*	Banana Loaf & Chocolate Custard*	Pineapple Sponge & Custard*	Gingerbread Biscuit*

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat /Fish	Mild Beef Chilli	Ham Pizza	Roast Pork	Beef Burger	Cheesy Fish & Broccoli Pie
Potato	50/50 Rice	Warm Buttered Pasta & separate tomato cream pesto sauce	Roast Potatoes	Herb Diced Potato	Mashed Potato
Veg.	Carrots	Sweetcorn	Mixed Vegetables	Low Sugar/ Low Salt Baked Beans	Peas
V	Soya Mince Chilli	Cheese & Tomato Pizza	Potato Vegetable Lentil Cheesy Bake	Vegi Burger	Vegi Nuggets
Dessert	Chocolate Brownie*	Fruit Loaf*	Cherry Sponge & Custard*	Oaty Fruit Crumble & Custard*	Chocolate Rainbow Fruit Cookie*

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat /Fish	Sweet Potato Fish Star	Chicken Casserole	Beef Lasagne	Roast Chicken	Toad in the Hole
Potato	Cheesy Potato Wedge	50/50 Rice	Garlic Bread	Roast Potatoes	Mashed Potato
Veg.	Peas	Sweetcorn	Peas	Green Beans/ Carrots	Carrots
V	Quorn Vegi Burger	Quorn Vegetable & Lentil Casserole	Macaroni Cheese	Quorn Fillet	Quorn Vegi Sausage Toad in the Hole
Dessert	Blueberry Muffin*	Vanilla Sponge & Custard with Apple Compote*	Fruit Jelly*	Chocolate Mousse with Pineapple*	Carrot Cake*

WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat /Fish	Chicken Goujons	Mild Chicken Curry	Roast Turkey	Cottage Pie	Salmon Fish Cake
Potato	Herb Potatoes	50/50 Rice	Roast Potato		Garlic Slices
Veg.	Peas	Mixed Vegetables	Carrots/ Sweetcorn	Cabbage	Low Salt/ Low Sugar Baked Beans
V	Vegi Nuggets	Cheese & Tomato Pizza	Quorn Fillet	Quorn & Lentil Cottage Pie	Potato Vegetable Cheese Bake
Dessert	Chocolate Brownie*	Chocolate Sponge with Pear Compote*	Oaty Apple Crumble & Custard*	Strawberry Mousse with Swiss Roll*	Iced finger*

V = vegetarian option

★ = dessert alternative - If a dessert on any given day is not to your child's liking, alternatives of either yoghurt or a fresh fruit salad can be chosen.

WE USE 50/50 RICE AND TRI-COLOURED PASTA

