



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mild Chicken Massaman Curry with Wholegrain & White Rice	Chicken & Tomato Pasta Bake	Roast Gammon & Roast Potatoes with Gravy	Cheesy Salmon Sub Melt with Baked Wedges	Fish Fingers & Chips
VEGETARIAN MAIN MEAL	Vegan Sweet & Sour Butternut Squash with Wholegrain & White Rice	Plant Based Meatball Pasta Bake	Vegan Sausage Puff & Roast Potatoes with Gravy	Italian Cheese & Tomato Pizza with Baked Wedges	Vegan Vegetable Nuggets & Chips
PASTA	Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce	Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce	Pasta with Tomato & Basil Sauce
VEGETABLES	Carrots & Peas	Garden Peas	Seasonal Vegetables	Tomato, Cucumber & Carrot Salad	Baked Beans
PUDDING	Vanilla Yoghurt	Apple Crumble & Custard	Strawberry Jelly & Mandarins	Apple & Cocoa Sponge with Vanilla Sauce	Vegan Shortbread



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Traditional Pork & Beef Sausage & Mash	Beef & Basil Pasta Bake	Roast Turkey & Roast Potatoes with Gravy	Mild Mexican Beef Chilli with Wholegrain & White Carrot Rice	Battered Fish & Chips
VEGETARIAN MAIN MEAL	Vegan Plant Based Sausage & Mash	Vegan Baked Gnocchi in Tomato & Basil Sauce	Red Pepper & Spinach Spanish Omelette	Vegan Mild Plant Based Chilli with Wholegrain & White Carrot Rice	Margherita Wrap & Chips
PASTA	Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce	Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce	Pasta with Tomato & Basil Sauce
VEGETABLES	Carrots	Sweetcorn	Seasonal Vegetables	Garden Peas	Baked Beans
PUDDING	Vanilla Yoghurt	Peach & Pineapple Crumble with Custard	Orange Jelly	Eves Pudding & Vanilla Sauce	Chocolate Cookie



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mild Chicken Bhuna Curry with Wholegrain & White Carrot Rice	Beef Bolognaise with Wholegrain & White Pasta	Roast Chicken & Roast Potatoes with Gravy	Mixed Vegetable & Bean Hot Wrap with Baked Wedges	Fish Fingers & Chips
VEGETARIAN MAIN MEAL	Mild Chickpea & Paneer Korma with Wholegrain & White Carrot Rice	Vegan Plant Based Bolognaise with Wholegrain & White Pasta	Macaroni Cheese	Italian Cheese & Tomato Pizza with Baked Wedges	Vegan Falafel Kofta & Chips with Asian Slaw
PASTA	Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce	Pasta with Tomato & Basil Sauce	Pasta with Cheese Sauce	Pasta with Tomato & Basil Sauce
VEGETABLES	Sweetcorn	Carrots & Peas	Seasonal Vegetables	Tomato, Cucumber & Carrot Salad	Baked Beans
PUDDING	Vanilla Yoghurt	Blueberry Muffin	Strawberry Jelly with Fruit Cocktail	Homemade Apple Crumble & Custard	Chocolate Crispie Cake