










Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Beef Burger in a Burger Bun with Salad & Spicy Wedges	Lamb & Vegetable Tikka Masala with Basmati Rice	Roast Turkey & Stuffing with Roast Potatoes and Gravy	Beef Keema with Naan Bread	Chicken & Sweetcorn Pasta Bake
Fish	Fisherman's Pie 	Fish & Vegetable Risotto 	Breaded Fish Bake with Lemon with Roast Potatoes	Wholemeal Tuna Hoagie Melt	Fish Fingers with Chips 
Vegetarian	Chick Pea & Potato Curry with Fruity Peshwari Bread	Vegetarian Lasagne	Cheese & Leek Quiche with Roast Potatoes	Cheese & Tomato Pizza	Quorn Chilli Dog with Chips 
Vegetable Choice	Mini Corn on the Cob Mixed Vegetables	Fresh Cauliflower Garden Peas	Organic Carrots Fresh Cabbage 	Sweetcorn Fresh Broccoli	Garden Peas Baked Beans
Dessert	Apple & Raisin Crumble with Custard 	Apricot Flapjack 	Rice Pudding with Peaches 	Orange & Lemon Cheesecake	Fresh Fruit in Jelly & Ice Cream
Daily Options	Salad Bar/Fresh Fruit Platter / Organic Fruit Yoghurt  Cheese & Biscuits / Homemade Bread				

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Chicken or Pork Sausages with Mashed Potatoes	Beef Spaghetti Bolognese	Roast Lamb* with Yorkshire Pudding with Roast Potatoes and Gravy	Chicken & Vegetable Jolloff Rice	Jerk Chicken with Jacket Wedges
Fish	Jacket Potato with Tuna & Sweetcorn	Cod In Cheese Sauce & New Potatoes	Tuna & Sweetcorn Pizza	Fish Fingers in Bun with Salad	Breaded Fish & Lemon Slice with Jacket Wedges
Vegetarian	Wholemeal Winter Crumble with Mashed Potatoes	Veggie Quesadilla with Cheese & Salsa	Quorn & Sweet Potato Curry with Rice	Roast Vegetable Pasta Bake	Vegetable & Lentil Curry with Rice
Vegetable Choice	Fresh Cauliflower Mixed Vegetables	Sweetcorn Fresh Broccoli	Organic Carrots Garden Peas	Mini Corn on the Cob Roasted Peppers	Garden Peas Baked Beans
Dessert	Chocolate & Mandarin Mousse	Peach Melba Sponge Slice with Custard	Tropical Fruit Slice	Plum Crumble with Custard	Fresh Fruit Salad with Ice Cream
Daily Options	Salad Bar/Fresh Fruit Platter / Organic Fruit Yoghurt/ Cheese & Biscuits / Homemade Bread				

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Spaghetti and Chicken or Beef Meatballs in a Marinara Sauce	Beef Shepherd's Pie	Roast Chicken or Pork & Yorkshire Pudding with Roast Potatoes and Gravy	Beef Lasagne	Minced Lamb & Vegetable Pie with Chips *
Fish	Fisherman's Pie	Tuna Pasta Bake	Herb & Lemon Crunchy Crusted Cod with Roast Potatoes	Fish in Creamy Coconut Curry with Basmati Rice	Fish Fillet in Batter with Chips
Vegetarian	Spanish Omelette with Baguette Slice	Vegetable Samosa with Rice, Dhal & Raita	Quorn Sausage Toad in the Hole with Roast Potatoes	Veggie Burger in a Wholemeal Bun with Salad	Vegetarian Chill with Chips or Rice*
Vegetable Choice	Garden Peas Roasted Vegetables	Sweetcorn Green Beans	Organic Carrots Cauliflower	Country Vegetables Garden Peas	Baked Beans Caribbean 'Slaw
Dessert	Peaches & Custard	Chocolate & Orange Sponge with Chocolate Sauce	Scotch Pancakes with Fruit & Ice Cream	Lemon & Banana Muffin Slice	Fruit Trifle
Daily Options	Salad Bar/Fresh Fruit Platter / Organic Fruit Yoghurt Cheese & Biscuits / Homemade Bread				