

Week 1

Monday

Tuna Pasta, Crusty Bread & Salad

or

V Mac & Cheese with Mixed Green Salad

Shortbread Biscuit

Tuesday

Big Breakfast

or

V Cheese Pie Baked Beans

Oat, Apple & Honey Slice

Wednesday

Chicken Fillets, Carrots & Peas, Roast Potato

or

V Quorn & Bean Chilli with Boiled Rice

Fruit Jelly & Cream

Thursday

Beef Bolognese & Garlic Bread with Side Salad

or

V Sweet Potato & Chickpea Curry, Vegetable Rice

Fruit Sponge & Custard

Friday

Fishy Friday

Garden Peas & Sweetcorn, Chipped Potatoes

or

V Broccoli & Cauli Cheesy Pasta Bake

Chocolate & Banana Brownie



Available daily:

Fresh sandwiches, jacket potatoes with fillings, salad and fresh bread

Also available daily:

Fat free yoghurt, fresh fruit, fresh fruit juice, semi skimmed milk and fresh water

V Suitable for vegetarians

Munchkins

Meals that make a Difference

Week 2

Monday

Cooks Choice Pizza, Coleslaw, Mixed Salad, 1/2 Jacket Potato

or

V Tomato, Basil & Roasted Vegetable Pasta with Crispy Salad

Peach & Pineapple Flapjack

Tuesday

Oven Baked Sausage, Mashed Potato & Garden Peas

or

V Veggie Curry with Rice & Naan Bread

Homemade Mini Biscuit & Fresh Fruit Slice

Wednesday

Honey Glazed Gammon, Cauliflower, Broccoli & Gravy with Paprika Roasted Potatoes

or

V Vegetable Tray Bake, Crispy Green Salad

Jam Sponge & Custard

Thursday

Chicken Korma Curry with 50/50 Rice, Naan Bread

or

V Cheese & Potato Puff, Baked Beans

Ice Cream Pot

Friday

Fishy Friday

Mushy Peas

Chipped Potatoes

V Veggie Fajitas with Mixed Salad, Chipped Potatoes

Lemon Drizzle Cake

Week 3

Monday

Sausage Roll Wedge Potato & Beans

or

V Veggie Cottage Pie & Greens

Fruity Oat Cookie

Tuesday

Chicken Tikka Curry With Boiled Rice & Naan Bread

or

V Salmon Quiche With Salad Sticks, Potato Wedges

Vanilla Cup Cake

Wednesday

Roast Turkey & Gravy, Sweetcorn & Green Beans, Paprika Potato

or

V Quorn Bolognese with Pasta & Onion Bread

Marble Cake

Thursday

Meatballs, Cream Potato Mixed Vegetables

or

V Cheese, Onion & Salmon Frittata With Jacket Potato & Salad

Frozen Yoghurt Pot

Friday

Fishy Friday

Garden Peas & Sweetcorn, Chipped Potatoes

or

V Bean & Cheese Quesadilla with Crispy Mixed Salad & Chipped Potatoes

Fruit Cookie