



# WEEK ONE



# WEEK TWO



# WEEK THREE

| MONDAY          |   | MONDAY          |  | MONDAY          |   |
|-----------------|---|-----------------|--|-----------------|---|
| Meat Main       | Chicken Casserole with Sweetcorn Dumplings          | Meat Main       | Beef Burger in a Bun with Potato Wedges    | Meat Main       | Spaghetti Bolognese   |
| Vegetarian Main | Macaroni Cheese Bake                                | Vegetarian Main | Pasta with Spicy Ratatouille               | Vegetarian Main | Quorn & Vegetable Chilli Tortilla with Salsa                |
| Vegetables      | Cauliflower Green Beans                             | Vegetables      | Coleslaw Sweetcorn                         | Vegetables      | Courgette Carrot Mash                                       |
| Dessert         | Apple Flapjack                                      | Dessert         | Peaches with Custard                       | Dessert         | Lemon & Thyme Sponge  |
| TUESDAY         |   | TUESDAY         |  | TUESDAY         |   |
| Meat Main       | Meatballs in Tomato Sauce with Penne Pasta          | Meat Main       | Pork Sausage, Mash & Gravy                 | Meat Main       | Chicken Fajitas with Rice                                   |
| Vegetarian Main | Sweet Potato & Lentil Curry served with Rice        | Vegetarian Main | Quorn Sausage, Mash & Gravy                | Vegetarian Main | Roasted Vegetable & Bean Burrito                            |
| Vegetables      | Roasted Squash Creamed Spinach                      | Vegetables      | Green Beans Braised Red Cabbage            | Vegetables      | Green Beans Sweetcorn                                       |
| Dessert         | Butternut Cake with Custard                         | Dessert         | Steamed Chocolate Sponge & Chocolate Sauce | Dessert         | Banana Crumble & Custard                                    |
| WEDNESDAY       |   | WEDNESDAY       |  | WEDNESDAY       |   |
| Meat Main       | Roast Pork with Apple Sauce, Roast Potatoes & Gravy | Meat Main       | Roast Chicken with Roast Potatoes & Gravy  | Meat Main       | Roast Gammon with Yorkshire Pudding, Roast Potatoes & Gravy |
| Vegetarian Main | Tomato, Cheddar & Basil Quiche with Potato Wedges   | Vegetarian Main | Vegetable & Cheese Medley                  | Vegetarian Main | Cheesy Leek Boats   |
| Vegetables      | Broccoli Honey Roasted Vegetables                   | Vegetables      | Roasted Carrots Cauliflower                | Vegetables      | Broccoli Honey Roasted Parsnips                             |
| Dessert         | Fruit Salad & Honeyed Yoghurt                       | Dessert         | Apple Pie & Custard                        | Dessert         | Fruit Trifle  |
| THURSDAY        |   | THURSDAY        |  | THURSDAY        |   |
| Meat Main       | Chicken Korma with Rice & Mini Naan                 | Meat Main       | Beef Lasagne                               | Meat Main       | Chicken & Leek Pie served with Mashed Potato                |
| Vegetarian Main | Vegetarian Bolognese                                | Vegetarian Main | Quorn Burritos                             | Vegetarian Main | Wholemeal Vegetable Pizza                                   |
| Vegetables      | Carrots Sweetcorn                                   | Vegetables      | Mixed Vegetables                           | Vegetables      | Sweetcorn Winter Slaw                                       |
| Dessert         | Peaches & Rice Pudding                              | Dessert         | Strawberry Cheesecake                      | Dessert         | Chocolate Muffin  |
| FRIDAY          |   | FRIDAY          |  | FRIDAY          |   |
| Meat Main       | Battered Fish & Chips                               | Meat Main       | Battered Fish & Chips                      | Meat Main       | Battered Fish & Chips                                       |
| Vegetarian Main | Wholemeal Red Onion Pizza & Chips                   | Vegetarian Main | Wholemeal Margherita Pizza                 | Vegetarian Main | Spicy Bean Burger & Chips                                   |
| Vegetables      | Peas Baked Beans                                    | Vegetables      | Peas Baked Beans                           | Vegetables      | Peas Baked Beans  |
| Dessert         | Pineapple Upside-down Cake                          | Dessert         | Chocolate & Beetroot Brownie               | Dessert         | Jam & Coconut Madeleine Sponge & Custard                    |