

Week One

WEEK COMMENCING: 29 AUG, 19 SEP, 10 OCT, 7 NOV,
28 NOV, 19 DEC, 2 JAN, 23 JAN, 20 FEB, 13 MAR

Week Two

WEEK COMMENCING: 5 SEP, 26 SEP, 17 OCT,
14 NOV, 5 DEC, 9 JAN, 30 JAN, 27 FEB, 20 MAR

Week Three

WEEK COMMENCING: 12 SEP, 3 OCT, 31 OCT,
21 NOV, 12 DEC, 16 JAN, 6 FEB, 6 MAR, 27 MAR

Monday

Chicken Curry ●● <i>Makhani chicken curry, lightly spiced with yoghurt & wholegrain rice</i>	Sweetcorn & Broccoli
Penne Pasta with Tomato Sauce ● <i>Homemade Italian tomato sauce & organic pasta</i>	Pineapple Upside Down Sponge & Custard

Tuesday

Pasta Bolognese ●● <i>Homemade Lamb bolognese sauce with pasta</i>	Carrots & Green Beans
Shepherdess Pie ● <i>Quorn & vegetable pie topped with mashed potato</i>	Jelly & Mandarins

Wednesday

Roast Turkey ●● <i>Roast Turkey with sage & onion stuffing and gravy</i>	Green Cabbage & Mashed Carrot and Swede
Vegetarian Meatloaf ● <i>Vegetarian mince meat loaf with sage & onion stuffing & gravy</i>	Chocolate & Vanilla Sponge & Chocolate Sauce

Thursday

Margherita Pizza ●● <i>Wholemeal pizza base with homemade tomato & spinach sauce</i>	Roast Mediterranean Vegetables & Sweetcorn
Jacket Potato with Baked Beans ● <i>A classic combination & healthy favourite</i>	Apple Strudel & Custard

Friday

Herb Crumbed Fish ●●● <i>Baked fresh fish fillet in golden herby breadcrumbs, with chips or sweet potato wedges</i>	Baked Beans & Peas
Tomato and Cheese Quiche ● <i>Homemade cheese & tomato quiche made with free range eggs & organic milk</i>	Banana & Date Muffin

Monday

Lamb Biryani ●● <i>Lamb cooked with spices & rice</i>	Spinach and Potato & Carrots
Macaroni Cheese ● <i>Classic macaroni pasta baked in a cheesy sauce</i>	Lemon Shortbread

Tuesday

Chicken Sausages ●● <i>Chicken sausages with mashed potato & gravy</i>	Cauliflower & Broccoli
Vegetarian Sausages ● <i>Quorn sausages with mashed potato & onion gravy</i>	Mixed Berry Sponge & Custard

Wednesday

Roast Lamb ●● <i>Roast lamb & gravy with roast potatoes & Yorkshire pudding</i>	Green Beans & Honey Roast Root Vegetables
Roast Soya Fillet Strips ● <i>Tender soya fillets with gravy & roast potatoes</i>	Peach & Yoghurt Fool

Thursday

Vegetable Pizza ●● <i>Wholemeal pizza base with homemade tomato sauce, red pepper & sweetcorn</i>	Roasted Mediterranean Vegetables & Sweetcorn
Spicy Vegetable Wrap ● <i>Spiced Mediterranean vegetables & salad served in a wrap</i>	Eve's Pudding & Custard

Friday

Fish Fingers or Baked Salmon ●●● <i>Fingers of fish fillet in golden breadcrumbs or baked salmon fillet with chips or pasta</i>	Baked Beans & Peas
Vegetable Chilli ● <i>Mexican spiced vegetable & bean chilli</i>	Frozen Toffee Yoghurt

Monday

Lamb and Spinach Lasagne ●● <i>Minced lamb in tomato sauce layered with pasta sheets & cheese sauce with homemade garlic bread</i>	Broccoli & Carrots
Jacket Potato with BBQ Beans ● <i>Homemade barbecue beans served on a baked potato</i>	Peach Crumble & Custard

Tuesday

Lamb Meatballs ●● <i>Lightly spiced meatballs with mint & cumin served with penne pasta</i>	Cauliflower & Green Beans
Cheese & Onion Melt ● <i>Wholegrain baguette topped with cheese & onion</i>	Chocolate & Beetroot Brownie

Wednesday

Roast Chicken ●● <i>Roast chicken breast with roast potatoes & gravy</i>	Red Cabbage & Roasted Carrots
Tortilla Stack ● <i>Tortillas layered with mixed roast peppers & topped with cheese</i>	Apricot Flapjack

Thursday

Vegetable Pizza ●● <i>Wholemeal pizza base with homemade tomato sauce, red pepper & sweetcorn</i>	Cauliflower & Sweetcorn
Vegetarian Bolognese ● <i>Quorn mince bolognese sauce with spaghetti</i>	Parsnip Marmalade Cake

Friday

Battered Fish ●●● <i>Sustainably caught fish in light & crispy batter with chips or sweet potato wedges</i>	Baked Beans & Peas
Quorn Stir Fry ● <i>Crisp stir fried mixed vegetables & Quorn pieces</i>	Fruit Salad with Honey Yoghurt



DON'T FANCY THE DESSERT ON THE MENU? CHOOSE FROM A SELECTION OF FRESH FRUIT & ORGANIC YOGHURTS

