



Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice 1	Spaghetti: Beef Bolognaise Garlic Bread	Chicken & Leek Pie with Shortcrust Pastry Minted Potatoes	Roast Chicken, Stuffing & Roast Potatoes	Lamb & Spring Vegetable Shepherd's Pie with Sweet Potato Topping	Crisp Panko-crumbed Fish Goujon with Lemon
Main Choice 2	Mac 'n' Cheese Garlic Bread	Quorn Bolognaise Tagliatelle	Penne Pasta with Homemade Pea & Basil Pesto	Fresh Veggie Bean Burger in Bun Lettuce and Melting Cheese Baked Wedges	Mexican Chilli Non-Carne with Veggie Mince & Roasted Peppers
Extra Choice	Jacket + Cheese & Beans	Jacket + Quorn Mince	Jacket + Egg Mayonnaise	Jacket + Salad	Jacket + Tuna
Sides	Salad Broccoli Sweetcorn	Spring Greens Roasted Vegetables	Steamed Carrots	Salad	Chunky Chips Peas
Sweets & Fruit	Lemon Shortbread Cookies	Yoghurt and Fresh Fruit	Canadian Ginger Cake with Custard	Ice Cream	Banana Thick-Shake

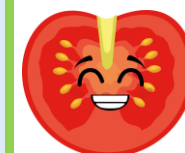




Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice 1	Beef Burger Lettuce & Melted Cheese in a Bun	Jerk Marinated Chicken Pieces	Roast Gammon, Yorkshire Pudding Roast Potatoes	Meat & Sweetcorn Topped Pizza with 'Hidden Veggie' Tomato Sauce & Melted Cheese	Fish Finger Bap with Chips
Main Choice 2	Spinach & Red Bean Lasagne with Garlic Ciabatta	Veggie Meatballs Tomato & Herb Sauce	Quorn Meatballs or Sausages with Mash	Wholemeal Margherita Pizza with 'Hidden Veggie' Tomato Sauce & Melted Cheese	Bean & Steam Fried Noodles, Sweet Chilli & Ginger Dressing
Extra Choice	Jacket + Cheese & Beans	Jacket + Quorn Mince	Jacket + Egg Mayonnaise	Jacket + Salad	Jacket + Tuna
Sides	Salad	Steamed Rice Spring Greens Carrots	Broccoli	Baked Wedges Salad	Peas
Sweets & Fruit	Fruit Smoothie	Apple Crumble & Custard	Chocolate Cookies	Yoghurt and Fresh Fruits	Ice Cream





Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice 1	Sweet Chilli Chicken Noodles	Sausages and Mash	Roast Beef Yorkshire Pudding	Southern Style Chicken with Baked Wedges	Chicken Fajita with Guacamole & Zesty Tomato Salad
Main Choice 2	Falafel Pitta Bread	Quorn Chicken Nuggets & Sweet Potato Wedges	Cornish Style Pastry with Puy Lentils & Butternut Filling	Vegetarian Lasagne Garlic Bread	Bean & Butternut Fajita with Guacamole & Zesty Tomato Salad
Extra Choice	Jacket + Cheese & Beans	Jacket + Quorn Mince	Jacket + Egg Mayonnaise	Jacket + Salad	Jacket + Tuna
Sides	Sautéed Peppers Greens	Green Beans Cauliflower	Roast Potatoes Roasted Vegetables	Salad Peas	Chips Salad Sweetcorn
Sweets & Fruit	Sticky Date Flapjack	Jelly	Chocolate Fudge Cake	Double Chocolate Muffins	Yoghurt and Fresh Fruit

