



Week One

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, Fresh fruit and Wholemeal Toast				
Lunch	Vegetable & Chickpea Curry & Basmati Rice	Macaroni Cheese	Roast Turkey with Roast Potatoes and Gravy	Homemade Fishcake Homemade Tomato sauce & Peas	Meatballs in a Rich Tomato Sauce
Lunch Vegetarian Option	Vegetable & Chickpea Curry & Basmati Rice	Macaroni Cheese	Plant Based Turkey with Roast Potatoes and Gravy	Vegetable & Lentil Cake Homemade Tomato sauce & Peas	Vegan, Meat Free Meatballs in a Rich Tomato Sauce Meatballs
On the Side	Naan Bread	Corn on the Cob	Peas and Carrots	Homemade Oven Chips	Spaghetti & Broccoli
Dessert	Yogurt & Berry Coulis	Fruit Custard Tart	Bananas & Custard	Blended Peaches & Greek Yogurt	Weetabix Fruit Slices
Light Tea	Selection of Sandwiches & Watermelon	Beans on Toast & Pear Slices	Cheese and Cold Meats & Crackers & Apple Slices	Cheese Scones & Carrot Sticks & Fresh Fruit	Chicken Goujons, Wraps & Mayonnaise & Orange Slices
Snacks	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				
	Milk and Water				



Week Two

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, Fresh fruit and Wholemeal Toast				
Lunch	Beef Chilli, Tacos and Wraps Soured Cream & Grated Cheddar Cheese	Fish Pie	Chicken Curry & Basmati Rice	Beef Roast Dinner with Roast Potatoes With Yorkshire puddings & Gravy	Spaghetti Bolognese in a homemade tomato sauce
Lunch Vegetarian Option	Quorn Chill, Tacos and Wraps Soured Cream & Grated Cheddar Cheese	Vegetable & Lentil Cottage Pie	Vegetable & Chickpea Curry & Basmati Rice	Plant Based Roast Dinner with Roast Potatoes With Yorkshire puddings & Gravy	Quorn Spaghetti Bolognese in a homemade tomato sauce
On the Side	Cucumber & Tomato Slices	Peas	Naan	Peas and Carrots	Sweetcorn
Dessert	Pears & Custard	Fruit Sorbet	Yogurt and Fuit Coulis	Banna Bread	Chocolate & Beetroot Brownie
Light Tea	Toasted Crumpets and Cheese Spread & Orange slices	Selection of Sandwiches & Pineapple slices	Homemade Cheese Scones with sliced Peppers & Banana	Crackers, Cold Meats, Cheese and Cheese Cucumber & Grapes	Fresh Soup & Crusty Bread
Snack	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				
	Milk and Water				



Week Three

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, Fresh fruit and Wholemeal Toast				
Lunch	Pasta in a Rich Tomato Sauce	Roast Turkey with Roast Potatoes and Gravy	Sausages & Mash	Beef Lasagna	Jacket Potato & Chilli in a rich tomato sauce & Cheese
Lunch Vegetarian Option	Pasta in a Rich Tomato Sauce	Plant Based Turkey with Roast Potatoes and Gravy	Plant Based Sausages & Mash	Vegetable Lasagna	Jacket Potato & Quorn Chilli in a rich tomato sauce & Cheese
On the Side	Corn on the Cob or Sweetcorn	French Beans & Carrots	Baked Beans	Garlic Bread	Peas
Dessert	Healthy Apple Crunch	Yogurt & Fruit Coulis	Weetabix Fruit Slices	Banana's & Custard	Fruit Cocktail
Light Tea	Home Made Cheese & Tomato Muffin Pizzas & Apple & Pear Slices	Fresh Soup & Crusty Bread & Plums	Tuna Pasta Bake & Melon Slices	Ham & Cheese Wraps & Cucumber & Grapes	Selection of Sandwiches & Banana
Snack	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				
	Milk and Water				

Where allergens are present, it is displayed next to the appropriate meal

