



Week One

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, Fresh fruit and Wholemeal Toast				
Lunch	Winter Vegetable Cobbler	Meatballs in a Rich Tomato Sauce	Roast Turkey with Roast Potatoes and Gravy	Homemade Fishcake Homemade Tomato sauce & Peas	Macaroni Cheese
Lunch Vegetarian Option	Winter Vegetable Cobbler	Vegan, Meat Free Meatballs in a Rich Tomato Sauce Meatballs	Plant Based Turkey with Roast Potatoes and Gravy	Vegetable & Lentil Cake Homemade Tomato sauce & Peas	Macaroni Cheese
On the Side	Cauliflower	Spaghetti & Broccoli	Peas and Carrots	New Potatoes	Carrots
Dessert	Yogurt & Berry Coulis	Fruit & Custard	Fresh Fruit Salad	Blended Peaches & Greek Yogurt	Bananas & Custard
Light Tea	Beans on Toast & Watermelon	Jacket Potato with Tuna & Pear Slices	Cheese Scones and Cucumber Sticks & Apple Slices	Crackers with Cheese and Sliced Chicken with Veg Sticks & Fresh Fruit	Chicken Goujons, Corn on the Cob with Mayonnaise & Orange Slices
Light Tea Vegetarian Option	Beans on Toast	Jacket Potato with Cheese	Cheese Scones and Cucumber Sticks	Crackers and Cheese	Veggie Fillet, Corn on the Cob with mayonaise
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, Soured Cream & Grated Cheddar Cheese	Fish Pie	Chicken Curry & Basmati Rice	Beef Roast Dinner with Roast Potatoes & Gravy	Spaghetti Bolognese in a homemade tomato sauce
Lunch Vegetarian Option	Quorn Chilli Tacos Soured Cream & Grated Cheddar Cheese	Vegetable & Lentil Cottage Pie	Vegetable & Chickpea Curry & Basmati Rice	Plant Based Roast Dinner with Roast Potatoes & Gravy	Quorn Spaghetti Bolognese in a homemade tomato sauce
On the Side	Cucumber & Tomato Slices	Peas	Naan	Peas and Carrots	Sweetcorn
Dessert	Pears & Greek Yogurt	Fruity Muffin	Fruit & Custard	Banana Bread	Naturally Sweet Beetroot & Cocoa Brownie
Light Tea	Jacket Potato with Baked Beans & Orange slices	Selection of Sandwiches & Pineapple slices	Homemade Cheese Scones with sliced Peppers & Banana	Homemade Chicken Goujons with Corn on the Cob & Grapes	Toasted Crumpets with Cucumber Sticks & Watermelon
Light Tea Vegetarian Option	Jacket Potato with Baked Beans	Selection of Sandwiches	Homemade Cheese Scones	Veggie Fillet with Corn on the Cob	Toasted Crumpets with Cucumber Sticks
Snack	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes, Milk & Water				



Week Three

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, Fresh fruit and Wholemeal Toast				
Lunch	Vegetable & Chickpea Curry with Basmati Rice	Chicken & Seasonal Vegetable Casserole	Creamy Cheese, Salmon & Broccoli Bake	Sausages, Mash & Gravy	Chilli in a rich tomato sauce with Rice
Lunch Vegetarian Option	Vegetable & Chickpea Curry with Basmati Rice	Seasonal Vegetable Casserole	Creamy Cheese Vegetable Pasta	Plant Based Sausages, Mash & Gravy	Quorn Chilli in a rich tomato sauce with Rice
On the Side	Naan Bread	Mashed Potatoes	Green Beans	Peas	Carrots
Dessert	No Sugar Banana & Cocoa Soft Squares	Yogurt & Fruit Coulis	Mixed Fresh Fruit	Banana's & Custard	Fruit Cocktail in Sugar Free Jelly
Light Tea	Home Made Cheese & Tomato Muffin Pizzas & Apple & Pear Slices	Crackers with Cream Cheese and Pepper Sticks & Plums	Selection of Wraps & Melon Slices	Spaghetti Hoops on Toast & Pineapple	Selection of Sandwiches & Oranges
Light Tea Vegetarian Option	Home Made Cheese & Tomato Muffin Pizzas	Crackers with Cream Cheese and Pepper Sticks	Selection of Wraps	Spaghetti Hoops on Toast	Selection of Sandwiches
Snack	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				
	Milk and Water				

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

