



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 Cake	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	Apple Crumble & Custard	Dessert	Apple Pie & Custard	Dessert	Fruit Trifle
THURSDAY		THURSDAY		THURSDAY	
Meat Main	Chicken Korma with Rice & Mini Naan	Meat Main	Turkey 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	Cheese & Onion Quiche & Chips	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