

Week One

24 Jan
14 Feb
14 Mar
4 Apr
25 Apr
9 May
6 June
27 June
18 July

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Burger in a Bap	Minced Beef Lasagne with Garlic Bread	Roast Chicken with Sage and Onion Stuffing	BBQ Chicken Pizza on a Sourdough Base	Battered Fish Or Chicken Nuggets
VEGETARIAN DISH	Vegetable Burger in a Bap	Vegetable Lasagne with Garlic Bread	Roasted Quorn Fillet	Cheese and Tomato Pizza on a Sourdough Base	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT	Chocolate Chip Cookie Or Fresh Fruit	Lemon and Cherry Shortbread Or Fresh Fruit	Banana Flapjack Or Fresh Fruit	White Chocolate Shortbread Or Fresh Fruit	Ice Cream Or Fresh Fruit

Week Two

31 Jan
28 Feb
21 Mar
25 Apr
16 May
13 June
4 July

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Creamy Tuna and Sweetcorn Pasta Bake	Meatballs in a Tomato Sauce With Rice	Roast Pork with Apple Sauce	Creamy Chicken and Bacon Pasta Bake	Battered Fish* Or Fish Fingers
VEGETARIAN DISH	Sweet n Sour Vegetables served with Rice	Creamy Macaroni Cheese	Roasted Quorn Fillet	Cheese and Tomato Pasta Bake	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT Or YOGHURT	Chocolate and Ginger Cookie or Fresh Fruit	Fruity Flapjack Or Fresh Fruit	Syrup Sponge Or* Fresh Fruit	Chocolate Krispie Cake Or Fresh Fruit	Ice Cream* Or Fresh Fruit

Week Three

7 Feb
7 Mar
28 Mar
2 May
23 May
20 June
11 July

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Korma served with Poppadum's	Spaghetti Bolognese served with Garlic Bread	Roast Chicken with Sage and Onion Stuffing	Pepperoni Stone baked Pizza	Battered Fish* Or Chicken Nuggets
VEGETARIAN DISH	Creamy Vegetable Korma served with Poppadum's	Vegetable Bolognese served with Garlic Bread	Roasted Quorn Fillet	Margarita Stone baked Pizza	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT	Honey and Oat Cookie Or Fresh Fruit	Belgian Waffle with Chocolate Sauce Or Fresh Fruit	Chocolate and Vanilla Sponge Or Fresh Fruit	Mixed Fruit Cookie Or Fresh Fruit	Ice Cream* Or Fresh Fruit