

WEEK 1 MENU

WEEKS: 21/04, 12/05, 09/06. 30/06, 21/07, 01,09, 22/09, 13/10



compote,

Fresh fruit pot Summer lemon and

courgette cake



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|--|---|--|--|---|
| MAIN MEAL | Margherita pizza served with baked potato wedges, peas & sweetcorn | Chicken curry served with turmeric rice, naan bread finger & mixed vegetables | Roast chicken served with roast potatoes, carrots, cabbage and gravy | Homemade beef lasagne served with wholemeal garlic & herb bread, mixed vegetables or salad | Fish fingers or salmon fish fingers served with chips, garden peas or baked beans & ketchup |
| MEAT FREE | Quorn sausage in a baguette served with crispy potatoes & vegetable sticks | Lentil dahl served with turmeric rice, naan bread finger & mixed vegetables | Creamy leek Wellington served with roast potatoes, carrots, cabbage and gravy | Vegetable lasagne served with wholemeal garlic & herb bread, mixed vegetables or salad | Vegan Quorn sausage served with chips, garden peas or baked beans & ketchup |
| Pasta and jackets | Jacket potato with choice of toppings served with fresh salad | Pasta twists with homemade tomato and vegetable sauce served with fresh salad | Jacket potato with choice of toppings served with fresh salad | Pasta twists with cheddar cheese Sauce served with fresh salad | Jacket potato with choice of toppings served with fresh salad |
| | Natural yogurt with | Natural yogurt with healthy topping & fruit | Natural yogurt with | Natural yogurt with | Natural yogurt with healthy topping & fruit |

Making lunchtime the highlight of your day

healthy topping & fruit

Fresh fruit pot

Fruit jelly

healthy topping & fruit

Fresh fruit pot

healthy topping & fruit

Fresh fruit pot

healthy topping & fruit

compote,

Fresh fruit pot

Cheese and crackers

DESSERTS



WEEK 2 MENU

WEEKS: 28/04, 19/05, 16/06, 07/07, 08/09, 29/09, 20/10





| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---|---|---|---|--|
| MAIN MEAL | Spanish-style vegetable pasta bake served with wholemeal garlic & herb bread, seasonal vegetables | Pad Thai-style chicken served with noodles and stir-fried seasonal vegetables | Chicken sausages served with roast potatoes, carrots, broccoli and gravy | Beef mince chili wrap served with savoury vegetable rice & salad | Breaded fish fillet served with chips, garden peas or baked beans & ketchup |
| MEAT FREE | Macaroni cheese served with wholemeal garlic & herb bread, seasonal vegetables | Green Thai curry served with noodles and stir-fried greens | Quorn sausage served with roast potatoes, carrots, broccoli and gravy | Veggie mince chili wrap served with savoury vegetable rice & salad | Vegetable nuggets served with chips, garden peas or baked beans & ketchup |
| PASTA & JACKETS | Jacket potato with choice of toppings served with fresh salad | Pasta twists with homemade tomato and vegetable sauce served with fresh salad | Jacket potato with choice of toppings served with fresh salad | Pasta twists with cheddar cheese Sauce served with fresh salad | Jacket potato with choice of toppings served with fresh salad |

DESSERTS

Natural yogurt with healthy topping & fruit compote, Fresh fruit pot Cheese and crackers Natural yogurt with healthy topping & fruit compote Or Fresh fruit pot Natural yogurt with healthy topping & fruit compote, Fresh fruit pot Fruit jelly Natural yogurt with healthy topping & fruit compote Or Fresh fruit pot Natural yogurt with healthy topping & fruit compote, Fresh fruit pot Apple and raison flapjack



Natural yogurt with

healthy topping & fruit

Fresh fruit pot

Cheese and crackers

DESSERTS

WEEK 3 MENU

WEEKS: 05/05, 02/06, 23/06, 14/07, 15/09,06/10



Natural yogurt with

healthy topping & fruit

Fresh fruit pot

50/50 iced carrot cake



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|---|--|--|---|---|
| MAIN MEAL | Vegan sausage roll served with crispy potatoes & vegetable sticks | Chicken Curry served with Rice & seasonal vegetable | Roast turkey served with potatoes, Yorkshire pudding, carrots, broccoli & gravy | Beef Bolognese pasta served with garlic & herb bread, mixed vegetables | Fish fingers served with chips, garden peas or baked beans & ketchup |
| MEAT FREE | Rainbow wholemeal pizza served with baked potato wedges, peas & sweetcorn | BBQ lentil, chickpea & vegetable stew served with rice & beans, seasonal vegetable | Roast vegetable & beans pie served with potatoes, carrots & broccoli | Vegetable Bolognese served with spaghetti, garlic & herb bread, seasonal vegetables | Cheese, onion & pepper roll served with chips, garden peas or baked beans & ketchup |
| PASTA & JACKETS | Jacket potato with choice of toppings served with fresh salad | Pasta twists with homemade tomato and vegetable sauce served with fresh salad | Jacket potato with choice of toppings served with fresh salad | Pasta twists with cheddar cheese Sauce served with fresh salad | Jacket potato with choice of toppings served with fresh salad |

Making lunchtime the highlight of your day

Natural yogurt with

healthy topping & fruit

Fresh fruit pot

Fruit jelly

Natural yogurt with

healthy topping & fruit

Fresh fruit pot

Natural yogurt with

healthy topping & fruit

Fresh fruit pot