

### Week One

### Week Two

### Week Three

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meat Free Monday

Vegetable stir fry with noodles  
Veggie mince pasta bake  
Spanish omelette  
Sweetcorn/mixed leaf salad

Fruity flapjack

BBQ chicken drumstick served with rice  
Chinese vegetables and Quorn with  
noodles  
Macaroni cheese  
Corn on the cob/peas

Apple crumble and custard

Roast Turkey with roast potatoes  
Falafel in a pitta pocket with tomato  
salsa  
Veggie mince lasagne  
Carrots/cauliflower  
Peach sponge and custard

Meatballs served with pasta  
Quorn meatballs in tomato sauce  
served with pasta  
Jacket potato with tuna/cheese or  
beans  
Chocolate and beetroot brownie

Cod with chips  
Vegetable curry and rice  
Cheddar cheese and onion quiche  
Peas/ Baked beans

Ice cream and fresh fruit

Macaroni cheese  
Vegetable pie  
Quorn sausage and pasta bake  
Roasted veg medley/Coleslaw

Vanilla sponge with cream

Chicken fajitas with tortilla chips  
Quorn fajitas with tortilla chips  
Jacket Potato with cheese/tuna or beans  
Sweetcorn/Mixed roast peppers

Ice cream with assorted toppings

Beef lasagne served with garlic bread  
Singapore style noodles  
Veggie Mince curry and rice  
Broccoli/Peas,

Spiced apple cake with custard

Chicken Pie and new potatoes  
Cheese and tomato quiche  
Spaghetti bolognaise  
Green beans/Carrots

Jam coconut sponge with custard

MSC cod served with chips  
Macaroni cheese  
Three bean chilli and rice  
Baked beans/Peas

Sticky toffee pudding

Margherita Pizza served with coleslaw and salad  
Veggie mince lasagne served with garlic bread  
Jacket potatoes served with cheese/ beans or  
tuna  
Sweetcorn /Peas

Apple Flapjack

Chilli con carne with rice  
Vegetable curry with rice  
Mixed vegetables  
Garlic bread slice

Jam and coconut sponge and custard

Roast Beef with roast potatoes  
Pasta in a creamy tomato sauce  
Sweet potato pie  
Cauliflower/Green beans

Carrot cake and custard

Chicken curry and rice  
Mixed vegetable pie  
Quorn vegetable stir fry  
Roasted mixed vegetables

Strawberry sponge

Cod with chips  
Quorn sausage pasta bake  
Salmon fish fingers with chips  
Baked beans  
Sweetcorn

Jelly and fruit slices

Some of these  
dishes include:



Sustainably Sourced Fish



Red Tractor Farm Assured



Locally Produced/In Season



Free Farming