



Week One

Week Two

Week Three

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meat Free Monday

Vegetable stir fry with noodles
Veggie mince pasta bake
Sweetcorn
Mixed leaf salad

Fruity Flapjack

BBQ chicken drumsticks with rice
Chinese vegetable and noodles
Peas
Corn on the cob

Apple crumble with custard

Roast Turkey with roast potatoes
Falafel in pitta pocket with salsa
Carrots
Cauliflower

Peach sponge with fresh cream

Meatballs served with pasta
Quorn meatballs with pasta
Mixed vegetables
Corn on the cob

Chocolate & beetroot brownie

Cod with chips
Vegetable curry and rice
Peas
Baked beans

Ice cream with fresh fruit

Macaroni cheese
Vegetable pie
Roasted veg medley
Coleslaw

Vanilla sponge with cream

Chicken fajitas with tortilla chips
Quorn fajitas with tortilla chips
Sweetcorn,
Mixed roast peppers

Ice cream with assorted toppings

Beef lasagne
Singapore style noodles
Broccoli
Peas, garlic bread

Spiced apple cake with custard

Chicken Pie and new potatoes
Cheese and tomato quiche
Green beans
Carrots

Jam coconut sponge with custard

MSC cod served with chips
Macaroni cheese
Baked beans
Peas

Sticky toffee pudding

Margherita pizza with mixed salad
Veggie mince lasagne with garlic bread
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
Cauliflower
Green beans

Carrot cake and custard

Chicken curry and savoury rice
Vegetable pie
Peas
Roasted vegetables

Strawberry sponge

Cod with chips
Quorn sausage pasta bake
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