

Week One

Week Two

Week Three

MONDAY

Meat Free

Mild Quorn & Vegetable curry with Rice
Pasta Shells with Creamy Tomato & Lentil Sauce
Jacket Potato with Tuna, Cheese, Beans
Green Beans Or Carrots

Rice Pudding with Sultanas

TUESDAY

Meat Free

Spaghetti Bolognaise
Cheddar Cheese & Onion Quiche
Pasta Spirals With Roasted Peppers, Basil & cheese Bake
New Potatoes Savoy Cabbage or Sweetcorn

Steamed Toffee sponge & Custard

WEDNESDAY

Roast Chicken with Gravy
Falafel In A Pitta Pocket with Tomato Salsa
Singapore Vegetable & Chick Pea Noodles
Roast Potatoes, Roasted Vegetables ,Cauliflower

Jam & Coconut Sponge

THURSDAY

Turkey & Vegetable Pie
Mixed Bean & Vegetable Pie
Vegetable & Butterbean Peri-Peri Stew
New Potatoes, Broccoli, Carrots

Apple crumble With Custard

FRIDAY

Battered Cod with a Wedge Of Lemon
Three Bean Chilli Served with Rice
Roasted vegetables with Penne Pasta
Chunky Chips, Peas, Baked Beans

Chocolate Cake & Chocolate sauce

Meat Free

Quorn Burger In a Bun
Macaroni Cheese
Jacket Potato with Coleslaw Or Baked Beans
Jacket Wedges, Roasted Courgettes, Carrots

Pineapple Sponge With Custard

Meat Free

BBQ Chicken
Veggie Mince Lasagne
Quorn Sausages in Tomato Sauce ,pasta spirals
Savoury Rice, Peas, Corn On the Cob

Chocolate & Mandarin Brownie

Roast Beef served With A Mini Yorkshire Pudding
Home Made Vegetable Frittata
Cauliflower & Broccoli Bake
Roast Potatoes, Green Bean, Red Cabbage

Carrot Cake

Chicken Fajitas & Tortilla Chips
Beany Stew With 1/2 Jacket Potato & Sour Cream
Pasta Arrabiata with A Baked Cheese Baked Topping
Baton Carrots. Sweetcorn

Home Made Sultana cookie Or Ice-cream

Battered cod Fillet
Vegetable finger
Mixed Bean Enchilada
Chunky Chips, Baked Beans, coleslaw

Fruit Jelly

Meat Free

Cheese and Tomato Pizza
Tuna Pasta Bake
Lentil Dhal Masala served with Rice
Roasted vegetable Peas & Sweetcorn Mix

Short Bread Biscuit With Semolina

Italian Beef Lasagne
Falafel Balls in Tomato Sauce Served with Spaghetti
Jacket Potato & Baked Beans, Cheese, Tuna
Garlic Bread, Roasted courgettes & Peppers

Oaty Apple and Pear Crumble & Custard

Roast Turkey with gravy
Cheese & Cherry Tomato Puff
Roasted Vegetable and Lentil Wellington
Roast Potatoes, Carrots, Broccoli

Fruit Flapjack

Chicken Korma With Rice
Chickpea & Spinach Korma With Rice
Vegetable & Feta Cheese Stuffed Pitta Bread
Naan Bread, Mixed Vegetables, Green Beans

Iced Cherry Sponge

Battered cod fillet
Quorn Sausages
Roasted Vegetable Risotto
Crispy Chips, Baked Beans, Mixed Salad

Vanilla ice-Cream with a Berry Compote

Some of these dishes include:



Sustainably Sourced Fish



Red Tractor Farm Assured



Locally Produced/In Season



Free Farming