



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