



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	<i>MEAT FREE MONDAY</i>	Creamy Beef & Vegetable Lasagne	Roast Chicken & Roast Potatoes with Gravy	Fragrant Sweet & Sour Chicken with Wholegrain & White Rice	Battered Fish & Chips
VEGETARIAN MAIN MEAL	Italian Cheese & Tomato Pizza with Baked Wedges	Vegan Bean & Vegetable Lasagne	Vegan Sausage Puff & Roast Potatoes with Gravy	Vegetable Katsu Curry with Wholegrain & White Rice	Vegan Vegetable Nuggets & Chips
VEGETABLES	Carrots & Peas	Garden Peas	Seasonal Vegetables	Sweetcorn	Baked Beans
JACKET POTATOES	Cheddar Cheese, Baked Beans or Tuna Mayonnaise				
PUDDING	Strawberry Yoghurt	Pear & Cocoa Sponge with Vanilla Sauce	Raspberry Jelly & Mandarins	Homemade Apple Crumble & Custard	Chocolate Cookie



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	<i>MEAT FREE MONDAY</i>	Texan Style Mince Beef with Wholegrain & White Carrot Rice	Roast Turkey & Roast Potatoes with Gravy	Chicken, Tomato & Garlic Wholegrain & White Pasta Bake	Fish Fingers & Chips
VEGETARIAN MAIN MEAL	Vegan Sausage & Mash	Plant Based Chilli with Wholegrain & White Carrot Rice	Tomato & Spinach Spanish Omelette	Crispy Topped Mac 'n' Cheese	Cheese & Onion Pasty with Chips
VEGETABLES	Carrots	Sweetcorn	Seasonal Vegetables	Tomato, Cucumber & Carrot Salad	Baked Beans
JACKET POTATOES	Cheddar Cheese, Baked Beans or Tuna Mayonnaise				
PUDDING	Vegan Shortbread	Oaty Apple Crumble & Custard	Strawberry Yoghurt	Orange Mandarin Jelly	Apple Sponge & Custard



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	<i>MEAT FREE MONDAY</i>	Beef Bolognaise with Wholegrain & White Pasta	Roast Gammon & Roast Potatoes with Gravy	Fragrant Chicken & Chickpea Korma with Fluffy White Rice	Our Own Recipe Southern Fried Chicken Strips & Chips
VEGETARIAN MAIN MEAL	Cheese & Tomato Pizza with Baked Wedges	Vegan Roasted Veg Bolognaise with Wholegrain & White Pasta	Vegan Wellington & Roast Potatoes with Gravy	Squash, Chickpea & Spinach Korma with Fluffy White Rice	Onion Bhaji Burger & Chips
VEGETABLES	Tomato, Cucumber & Carrot Salad	Sweetcorn	Seasonal Vegetables	Garden Peas	Baked Beans
JACKET POTATOES	Cheddar Cheese, Baked Beans or Tuna Mayonnaise				
PUDDING	Strawberry Yoghurt	Pear & Apple Crumble with Custard	Strawberry Jelly with Fruit Cocktail	Sticky Lemon Sponge & Custard	Chocolate Brownie