

<b>Week 1</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	<b>Chicken &amp; Tomato Pasta Bake</b>	<b>Beef Lasagne</b>	<b>Roast Gammon with Roast Potatoes &amp; Gravy</b>	<b>Chicken &amp; Vegetable Stir Fry with 50/50 Rice</b>	<b>Fish Fingers &amp; Chips</b>
Vegetarian Main Meal	<b>Vegetarian Quesadillas</b>	<b>Classic Ratatouille &amp; Spaghetti</b>	<b>Roast Vegetable Filo Parcels with Roast Potatoes</b>	<b>Margherita Pizza Focaccia with Baked Wedges</b>	<b>Traditional Cheese Quiche &amp; Chips</b>
Vegetables	<b>Green Beans</b>	<b>Broccoli</b>	<b>Seasonal Vegetables</b>	<b>Garden Peas</b>	<b>Baked Beans</b>
Jacket Potatoes	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>
Pudding	<b>Vanilla Sponge with Custard</b>	<b>Orange Mandarin Jelly</b>	<b>Fruit Yoghurt</b>	<b>Apple Sponge with Custard</b>	<b>Chocolate Cookie</b>

<b>Week 2</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	<b>Traditional Pork Sausage &amp; Mash with Gravy</b>	<b>Salmon &amp; Broccoli Pasta Bake</b>	<b>Roast Chicken with Roast Potatoes &amp; Gravy</b>	<b>Mild Chicken Korma with 50/50 Rice</b>	<b>Chicken Strips &amp; Chips</b>
Vegetarian Main Meal	<b>Vegan Sausage &amp; Mash with Gravy</b>	<b>Oven Baked Macaroni Cheese</b>	<b>Frittata with Potatoes, Red Peppers &amp; Spinach</b>	<b>Chickpea, Squash &amp; Spinach Curry with 50/50 Rice</b>	<b>Cheese &amp; Onion Pasty with Chips</b>
Vegetables	<b>Carrots</b>	<b>Sweetcorn</b>	<b>Seasonal Vegetables</b>	<b>Spring Greens</b>	<b>Baked Beans</b>
Jacket Potatoes	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>
Pudding	<b>Shortbread</b>	<b>Apple Sponge with Custard</b>	<b>Fruit Yoghurt</b>	<b>Orange Mandarin Jelly</b>	<b>Oaty Flapjack</b>

<b>Week 3</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	<b>Beef Bolognese with 50/50 Pasta</b>	<b>Sweet &amp; Sour Chicken with 50/50 Rice</b>	<b>Roast Turkey with Mashed Potatoes &amp; Gravy</b>	<b>Beef Cottage Pie with Root Vegetable Mash</b>	<b>Fish &amp; Chips</b>
Vegetarian Main Meal	<b>Roasted Vegetable Bolognese with 50/50 Pasta</b>	<b>Margherita Pizza Focaccia with Baked Wedges</b>	<b>Vegan Sausage Puff with Mashed Potatoes</b>	<b>Vegetable &amp; Lentil Cottage Pie</b>	<b>Veggie Burger &amp; Chips</b>
Vegetables	<b>Broccoli</b>	<b>Carrots</b>	<b>Seasonal Vegetables</b>	<b>Garden Peas</b>	<b>Baked Beans</b>
Jacket Potatoes	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>	<b>Cheese, Baked Beans or Tuna Mayo</b>
Pudding	<b>Vanilla Sponge with Custard</b>	<b>Orange Mandarin Jelly</b>	<b>Fruit Yoghurt</b>	<b>Jam Sponge with Custard</b>	<b>Chocolate Brownie</b>