# MONDAY Week 1 

## Main Meals

Cheesy Potato Hash (v) Spiced Vegetable Curry with Rice (ve) Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

> Vegetables/Sides Hot Seasonal Vegetables

## Dessert

Berry Crumble Traybake Fruit/Yoghurt


## TUESDAY Week 1

Main Meals

Meat Feast Pizza
Margherita Pizza (v)
Pasta with Lentil Tomato Sauce
Deli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

## Vegetables/Sides Hot Seasonal Vegetables

## Dessert

Fruit Jelly Fruit/Yoghurt


## WEDNESDAY Week 1

Main Meals

Roast Chicken with Roast Potatoes and Gravy
Roasted Vegetable Quesadilla with Roast Potatoes (v) Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

## Vegetables/Sides <br> Hot Seasonal Vegetables

Dessert
Apple and Cinnamon Slice Fruit/Yoghurt


## THURSDAY Week 1

## Main Meals

Chicken Curry with Rice
Mexican Loaded Beans with Rice (v)
Pasta with Lentil Tomato Sauce Deli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

## Vegetables/Sides

 Hot Seasonal Vegetables
## Dessert

Coconut and Lime Cake Fruit/Yoghurt


# FRIDAY Week 1 

## Main Meals <br> Oven Baked Fish Fingers

Veggie Nuggets with Tomato and Sweetcorn Salsa and Chips (ve)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli Option with Egg Mayo, Tuna Mayo or Cheese

## Vegetables/Sides Hot Seasonal Vegetables

## Dessert

Cheesecake
Fruit/Yoghurt


# MONDAY Week 2 

## Main Meals

 Cheese and Tomato Pizza (v) Pasta Primavera (ve) Jacket Potato with Baked Beans, Cheese, Tuna Mayo or ColeslawDeli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

Vegetables/Sides Hot Seasonal Vegetables

Dessert<br>Chocolate and Orange Cookie Fruit/Yoghurt



# TUESDAY Week 2 

## Main Meals

Sausage and Mash with Gravy
Vegan Sausage Traybake and Mashed Potatoes (v)
Pasta with Lentil Tomato Sauce
Deli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

## Vegetables/Sides Hot Seasonal Vegetables

Dessert Carrot Cake<br>Fruit/Yoghurt



## WEDNESDAY Week 2

## Main Meals

Roast Chicken with Roast Potatoes and Gravy
Spiced Quorn with Roast Potatoes or Wedges (v) Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

## Vegetables/Sides Hot Seasonal Vegetables

Dessert<br>Fruit Jelly Crunch Pot Fruit/Yoghurt



# THURSDAY Week 2 

Main Meals
Asian Chicken Noodles or Rice
Thai Veggie Fried Rice (v)
Pasta with Lentil Tomato Sauce
Deli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

## Vegetables/Sides Hot Seasonal Vegetables

Dessert<br>Coconut Berry Vegan Cake Fruit/Yoghurt



# FRIDAY Week 2 

## Main Meals <br> Crispy Baked Fish and Chips

Onion Bhaji and Chutney Wrap with Chips (v) Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli Option with Egg Mayo, Tuna Mayo or Cheese

## Vegetables/Sides Hot Seasonal Vegetables

## Dessert

Crispy Cake
Fruit/Yoghurt


## MONDAY Week 3

## Main Meals

Margherita Pizza (v)
Crispy Noodles (ve)
Jacket Potato with Baked Beans, Cheese,
Tuna Mayo or Coleslaw
Deli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

## Vegetables/Sides

Hot Seasonal Vegetables

## Dessert

Pear Sponge with Chocolate Custard Fruit/Yoghurt

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## TUESDAY Week 3

## Main Meals

Jerk Chicken with Rice and Peas BBQ Baked Beans and Cheese Pastry Pocket with New Potatoes (v)
Pasta with Lentil Tomato Sauce Deli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

## Vegetables/Sides <br> Hot Seasonal Vegetables

## Dessert

Fruit Shortbread
Fruit/Yoghurt


## WEDNESDAY Week 3

## Main Meals

Roast Chicken with Roast Potatoes and Gravy Vegan Sausage with Roast Potatoes and Gravy (ve) Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

Vegetables/Sides<br>Hot Seasonal Vegetables

Dessert
Oat Fruit Slice
Fruit/Yoghurt


## THURSDAY Week 3

## Main Meals

Beef Bolognese with Pasta Vegetable Lasagne (v) Pasta with Lentil Tomato Sauce Deli Option with Ham, Egg Mayo, Tuna Mayo or Cheese

Vegetables/Sides Hot Seasonal Vegetables

Dessert Garden Brownie Fruit/Yoghurt



## FRIDAY Week 3

## Main Meals

Oven Baked Fish Fingers with Chips
Cheese and Tomato Pinwheel with Chips (v)
Jacket Potato with Baked Beans, Cheese, Salmon Mayo or Coleslaw
Deli Option with Egg Mayo, Tuna Mayo or Cheese

## Vegetables/Sides

Hot Seasonal Vegetables
Dessert Easiyo Mousse Fruit/Yoghurt


FOR BODY AND BRATN


