

# WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Chicken Burger in a bun	Chicken curry	Roast Chicken	Cottage pie	Fish Finger
Main Meal	Vegetable burger in a bun	Mild vegetable curry	Quorn Roast	Veg Pasta Bake	Margherita pizza
Carbohydrate & Vegetables	Potato wedges Sweetcorn	Rice Medley of vegetables	Roast potato Medley of vegetables	Sweetcorn and carrots	Chunky chips Garden peas Baked beans
Pudding of the day	Melon or pineapple	Jelly	Fruit salad or Yoghurt	Rice Pudding	Banana and Custard

## WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Freshly made Chicken Wrap	Spaghetti bolognese	Sausage and Mash	Southern fried Chicken served with Wedges	Fish Finger
Main meal	Vegetable wrap	Roasted vegetable lasagne	Homemade vegetable Sausage roll	Breaded Quorn with homemade tomato sauce	Vegetable quesadilla
Carbohydrate & Vegetables	Rice Sweetcorn	Garden Peas	Baked Beans Broccoli and carrots	Medley of Vegetables	Chunky chips Garden peas Baked beans
Pudding of the day	Bramley Apple Crumble	Jelly	Fruit salad and Yoghurt	Ice Cream	Cookies

# WEEK 3

Main meal

MONDAY

Chicken goujons with  
BBQ sauce

TUESDAY

BBQ Chicken Pizza

WEDNESDAY

Home-made lasagne

THURSDAY

Stir fry of the  
day(Chicken)

FRIDAY

Battered fish

Main meal

Vegetable fingers

Cheese and tomato  
pizza

Freshly made Quiche  
of the day

Vegetable stir-fry

Quorn hotdog

Carbohydrate  
&  
Vegetables

Oven baked wedges  
Carrots

Coleslaw

Garlic bread and  
broccoli

Noodles and sweetcorn

Chunky chips  
Garden peas  
Baked beans

Pudding of the  
day

Melon or  
Pineapple slice

Yoghurt

Fruit salad

Jelly

Brownie