

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Sweet & sour chicken	Chicken & lentil casserole	Chicken spinach & basil pasta	Macaroni cheese with salmon & tuna	Fish cakes
Vegetarian	Four bean chilli	Quorn mince lasagne	Vegetable & bean pie	Lentil & carrot burgers	Veg samosa
Rice, Pasta, Potatoes	Rice or mash	Mash	Mash	Jacket wedges	Chips or mash
Vegetables	Peas	Broccoli or sweetcorn	Carrots	Carrots or sweetcorn	Peas or baked beans
Salad rolls					
Dessert, Yoghurt, fruit	Chocolate treacle sponge	Plum & cinnamon oat slices	Chocolate rice pudding	Apple crumble	Angel delight

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Lamb meat loaf	Chicken & vegetable Balti	Chilli con carne (Lamb)	Shepherd's Pie	Fish fingers
Vegetarian	Vegetable & bean chilli	Quorn & vegetable Bolognese	Vegetable & cheese strata	Vegetable sausage & lentil casserole	Courgette & pepper pizza
Rice, Pasta, Potatoes	Rice or mash	Rice or mash	Rice	Mash	Chips or mash
Vegetables	Broccoli or sweetcorn	Baked beans	Peas or carrots	Broccoli or sweetcorn	Peas or baked beans
Salad rolls					
Dessert, Yoghurt, fruit	Banana ginger bread	Pea upside down cake	Courgette & lime cake	Honey & cherry cake	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Lamb pasta Bolognese	Chicken chow mein	Lamb meat balls	Lasagne	Fish fingers
Vegetarian	Lentil cauliflower & potato curry	Pepper rice cheese bake	Salmon quiche	Sweet & sour quorn	Vegetable pancake roll
Rice, Pasta, Potatoes	Rice or mash	mash	Mash or jacket wedges	Mash	Chips or mash
Vegetables	Sweetcorn or baked bean	Broccoli or peas	Broccoli	Peas	Peas & baked beans
Salad rolls					
Dessert, Yoghurt, fruit	Banana muffins	Raspberry yoghurt cake	St Clements cake	Pear & chocolate cake	