

Week one

17/04 08/05 05/06 26/06 17/07 04/09 25/09 16/10

Monday

Choose a main meal...

Beef Bolognaise with Wholemeal Pasta**
Mozzarella & Tomato Pizza with Oven Baked Jacket Wedges
Schools Choice*

on the side...

Carrots
Garden Peas

for dessert...

Tropical Fruit Sponge & Vanilla Sauce
Fresh Fruit Platter***

Tuesday

Choose a main meal...

Quorn Mince & Onion Pie with New Potatoes
Neapolitan Cheesy Pasta
Schools Choice*

on the side...

Green Beans
Roast Vegetables

for dessert...

Crunchy Fruit Crumble*** with Custard
Fresh Fruit Bowl***

Wednesday

Choose a main meal...

Roast Turkey Breast with Roast Potatoes & Gravy
Quorn Roast with Roast Potatoes & Gravy
Schools Choice*

on the side...

Carrots
Seasonal Cabbage

for dessert...

Berry Chill & Shortbread
Fresh Fruit Salad***

Thursday

Choose a main meal...

BBQ Chicken Drumstick & Sweet Potato Mash
Mexican Vegetable Chilli with Rice
Schools Choice*

on the side...

Fresh Broccoli
Sweetcorn

for dessert...

Mandarin Chocolate Sponge*** & Chocolate Sauce
Fresh Fruit Bowl***

Friday

Choose a main meal...

Crispy Pollock Fish Fillet & Chips
Quorn Burger in a Bun with Chips
Schools Choice*

on the side...

Baked Beans
Garden Peas

for dessert...

Oatie Cookie & Fresh Fruit Slices
Fresh Fruit Platter***

Week three

01/05 22/05 19/06 10/07 18/09 09/10

Choose a main meal...

Pizza Bianca with Oven Baked Wedges

Tomato & Basil Wholewheat Pasta

Schools Choice*

on the side...

Fresh Broccoli

Sweetcorn

for dessert...

Ice-Cream Pot & Mixed Melon Slices

Fresh Fruit Bowl***

Choose a main meal...

Chunky Chicken Bite, Tomato Salsa & Savoury Rice

Cheese & Red Onion Quiche with Savoury Rice

Schools Choice*

on the side...

Green Beans

Roast Vegetables

for dessert...

Raspberry Ripple Cake with Custard

Fresh Fruit Platter***

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy

Cheese & Potato Bake with Gravy

Schools Choice*

on the side...

Seasonal Cabbage

Carrots

for dessert...

Chocolate Cripsy & Fruit Slices***

Fresh Fruit Salad***

Choose a main meal...

Beef Lasagne & Garlic Bread Wedge**

Stir Fried Quorn with Egg Noodles

Schools Choice*

on the side...

Sweetcorn

Green Beans

for dessert...

Yoghurt with Fruit Compote***

Fresh Fruit Bowl***

Choose a main meal...

Golden Salmon Fish Fingers & Chips

Vegetable Fajitas with Chips

Schools Choice*

on the side...

Baked Beans

Garden Peas

for dessert...

Oatie Apple Crumble with Custard***

Fresh Fruit Platter***

Week two

24/04 15/05 12/06 03/07 11/09 02/10

If you don't fancy dessert, you can *always* enjoy fresh fruit or yoghurt.

Choose a main meal...

Vegetarian Meatballs in Tomato Sauce & Wholegrain Rice**
Macaroni Pasta Bake
Schools Choice*

on the side...

Fresh Broccoli
Sweetcorn

for dessert...

Strawberry Fro-Yo & Fruit Dippers***
Fresh Fruit Platter***

Choose a main meal...

Chicken & Sweetcorn Pie with Creamy Mash & Gravy
Vegetarian Sausages with Creamy Mash & Gravy
Schools Choice*

on the side...

Garden Peas
Carrots

for dessert...

Berry & Oat Flapjack with Custard
Fresh Fruit Bowl***

Choose a main meal...

Roast Beef with Roast Potatoes & Gravy
Summer Vegetable Frittata with Roast Potatoes
Schools Choice*

on the side...

Roasted Vegetables
Green Beans

for dessert...

Chocolate Brownie with Fruit Slices***
Fresh Fruit Salad***

Choose a main meal...

Jerk Chicken with Rice and Peas
Sweet Potato Gumbo with Rice and Peas
Schools Choice*

on the side...

Carrots
Broccoli

for dessert...

Pineapple Upside Down Cake & Custard***
Fresh Fruit Bowl***

Choose a main meal...

Golden Cod Fish Fingers and Chips
Vegetable Lasagne with Chips
Schools Choice*

on the side...

Baked Beans
Sweetcorn

for dessert...

Honey & Vanilla Milkshake with Shortbread
Fresh Fruit Platter***

