Week

Monday

BBQ Chicken with Sunshine Vegetable Rice

V Mac & Cheese with Mixed Green Salad

Shortbread Biscuit

Tuesday

Big Breakfast

or

V Tuna Pasta Bake & Crispy Salad

Oat, Apple & Honey Slice

| Wednesday |

Chicken & Vegetable Pie. Carrots & Peas, **Roast Potatoes**

or

V Quorn & Bean Chilli with Boiled Rice

Fruit Jelly & Cream

Thursday |

Beef Lasagne & Garlic Bread with Side Salad

or

V Sweet Potato & Chickpea Curry, Vegetable Rice

Fruit Sponge & Custard

Friday

Fishy Friday Garden Peas & Sweetcorn, **Chipped Potatoes**

V Broccoli & Cauli Cheesy Pasta Bake

Chocolate & Banana Brownie



Available daily:

Fresh sandwiches, Jacket potatoes with fillings, salad and fresh bread

Also available daily:

Fat free yoghurt, fresh fruit, fresh fruit juice, semi skimmed milk and fresh water

V Suitable for vegetarians

Meals that make a



Monday

Cook's Choice Pizza, Coleslaw, Mixed Salad, 1/2 Jacket Potato

or

V Tomato, Basil & Roasted Vegetable Pasta with Crispy Salad

Peach & Pineapple Flapjack

Tuesday

Oven Baked Sausage, Mashed Potato & Garden Peas

V Veggie Curry with Rice & Naan Bread

Homemade Mini Biscuit & Fresh Fruit Slice

Wednesday

Honey Glazed Gammon, Cauliflower, Broccoli & Gravy with Paprika Roasted Potatoes

V Vegetable Tray Bake, Crispy Green Salad

Jam Sponge & Custard

Thursday

Chicken Korma Curry with 50/50 Rice, Naan Bread

V Cheese & Potato Puff, **Baked Beans**

Ice Cream Pot

Friday

Fishy Friday **Mushy Peas** Chipped Potatoes

V Veggie Fajitas with Mixed Salad, Chipped Potatoes

Lemon Drizzle Cake

Week 3

Monday

Sausage & Tomato Pasta with Mixed Salad

V Veggie Cottage Pie & Greens Fruity Oat Cookie

Chicken Tikka Curry with Boiled Rice & Naan Bread

V Pizza Pockets with Salad Sticks, Potato Wedges Vanilla Cup Cake

Wednesday

Roast Turkey & Gravy, Sweetcorn & Green Beans, Paprika Potato

V Quorn Bolognese with Pasta & Onion Bread Marble Cake

Cajun Chicken & Vegetable Pasta with Herby Bread

V Cheese & Onion or Salmon & Broccoli Frittata with Jacket Potato & Salad

Frozen Yoghurt Pot

Friday

Fishy Friday Garden Peas & Sweetcorn, Chipped Potatoes

V Bean & Cheese Quesadilla with Crispy Mixed Salad & Chipped Potatoes Fruit Cookie













