

# My Primary Menu

*innovate*  
my goodness!

WEEK 1	MON	TUE	WED	THU	FRI
MAIN MEAL	BBQ Chicken & Peppers served with Noodles	Mild Beef Chilli & Rice	Roast Chicken served with Roast Potatoes & Gravy	Beef Burger served with Potato Wedges	Fish Fingers & Chips
VEGETARIAN	BBQ Vegetables served with Noodles	Mild Vegetable Chilli	Macaroni Cheese	Veggie Burger served with Potato Wedges	Vegetable Quesadillas & Chips
VEGETABLE	Sweetcorn	Courgettes	Sliced Carrots	Baked Beans	Garden Peas
JACKET POTATO	Baked Beans	Grated Cheese	Mild Vegetarian Chilli	Tuna Mayonnaise	Grated Cheese & Baked Beans
DESSERT	Carrot Cake	Yogurt	Raspberry Jelly	Fruit Salad	Fruit Flapjack
WEEK 2	MON	TUE	WED	THU	FRI
MAIN MEAL	Creamy Chicken in White Sauce served with Potato Wedges	Tomato & Herb Pasta Bake	Roast Beef served with Roast Potatoes & Gravy	Chicken Goujons served with BBQ Sauce & Rice	Oven Baked Battered Cod & Chips
VEGETARIAN	Creamy Vegetables in White Sauce served with Potato Wedges	Quorn Cottage Pie	Roasted Vegetable Pasta Bake	Veggie Nuggets served with BBQ Sauce & Rice	Cheese & Tomato Quiche & Chips
VEGETABLE	Sweetcorn	Courgettes	Sliced Carrots	Green Beans	Garden Peas
JACKET POTATO	Baked Beans	Mild Vegetarian Chilli	Grated Cheese	Tuna Mayonnaise	Grated Cheese & Baked Beans
DESSERT	Lemon & Sultana Cake	Yogurt	Orange Jelly	Fruit Salad	Chocolate Brownie
WEEK 3	MON	TUE	WED	THU	FRI
MAIN MEAL	Herby Tomato Chicken served with New Potatoes	Spaghetti Bolognese served with Garlic Bread Slice	Roast Turkey served with Roast Potatoes & Gravy	Oven Baked Pork Sausage served with Mashed Potato & Gravy	Oven Baked Breaded Fishcake & Chips
VEGETARIAN	Vegetables in a Tomato & Herb Sauce served with New Potatoes	Vegetarian Lasagne served with Garlic Bread Slice	Potato, Cheese & Onion Bake	Quorn Sausage served with Mashed Potato & Gravy	Tomato Pasta Bake
VEGETABLE	Sweetcorn	Courgettes	Sliced Carrots	Green Beans	Green Beans
JACKET POTATO	Baked Beans	Mild Vegetarian Chilli	Grated Cheese	Tuna Mayonnaise	Grated Cheese & Baked Beans
DESSERT	Orange & Apricot Sponge	Yogurt	Chocolate Ice Cream	Fruit Salad	Sultana Shortbread