



## WEEK ONE

7 Jan | 28 Jan | 25 Feb | 18 Mar

## WEEK TWO

14 Jan | 4 Feb | 4 Mar | 25 Mar

## WEEK THREE

21 Jan | 11 Feb | 11 Mar | 1 Apr

MONDAY

### Choose a main meal...

Sausage & mash  
Veggie sausage & mash

**Served with** peas, carrots & gravy

**Pudding:** Semolina served with Strawberry Jam or chocolate sprinkles

### Choose a main meal...

Beef Stew  
Lentil Stew

**Served with** warm bread

**Pudding:** Warm Fruit Pie & cream

### Choose a main meal...

Chicken burgers (bread roll optional)  
Veggie burgers (bread roll optional)

**Served with** homemade wedges, beans & sweetcorn

**Pudding:** Rice Pudding & Strawberry Jam

TUESDAY

### Choose a main meal...

Chicken & Ham Pasta Bake  
Macaroni Cheese

**Served with** sweetcorn & green beans

**Pudding:** Warm Chocolate Fruity Brownie

### Choose a main meal...

Homemade chicken nuggets  
Quorn nuggets

**Served with** homemade wedges, sweetcorn & beans

**Pudding:** Jam Roly Poly & custard

### Choose a main meal...

Sausage Casserole  
Vegetable Casserole

**Served with** mashed potato, carrots & peas

**Pudding:** Fruity Crumble & custard

WEDNESDAY

### Choose a main meal...

Cottage Pie  
Shepherdess Pie (veggie mince)

**Served with** beans & mixed vegetables

**Pudding:** Upside Down Fruit Cake & custard

### Choose a main meal...

Beef Lasagne  
Veggie Lasagne

**Served with** peas & roasted peppers

**Pudding:** Banana Mousse

### Choose a main meal...

Beef Meatballs & Bolognese Sauce  
Ratatouille

**Served with** pasta twists, broccoli & mixed veg

**Pudding:** Sticky Toffee Pudding & Toffee Sauce

THURSDAY

### Choose a main meal...

Roast Pork or Roasted Veg Medley

**Served with** roast potatoes, carrots, broccoli, cauliflower bake, apple sauce & gravy

**Pudding:** Strawberry Mousse

### Choose a main meal...

Roast Chicken or Roast Quorn

**Served with** roast potatoes, carrots, broccoli, stuffing balls & gravy

**Pudding:** Cake of the Day & custard

### Choose a main meal...

Roast Gammon or Cauli-Bake

**Served with** roast potatoes, carrots, seasonal greens, cauliflower cheese & gravy

**Pudding:** Chocolate Mousse

FRIDAY

### Choose a main meal...

Fish & Chips  
Cheese & Broccoli Bake

**Served with** chips & beans

**Pudding:** Vanilla Ice Cream

### Choose a main meal...

Fish fingers  
Veggie fingers

**Served with** chips, peas & beans

**Pudding:** Chocolate Ice Cream

### Choose a main meal...

Battered Cod or Fish Cakes  
Vegetable Quiche

**Served with** chips, peas & beans

**Pudding:** Strawberry Ice Cream

## EVERYDAY MEALS

Jacket pots with various fillings are available as an alternative **each day**

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Fresh bread is available **daily**

## EVERYDAY DESSERTS

Fresh fruit & yogurts are available as an alternative **each day**