



WEEK ONE

10 Sep | 1 Oct | 29 Oct | 19 Nov | 10 Dec

WEEK TWO

17 Sep | 8 Oct | 5 Nov | 26 Nov | 17 Dec

WEEK THREE

24 Sep | 15 Oct | 12 Nov | 3 Dec

MONDAY

Choose a main meal...

Mac 'n cheese
Jacket pot & beans
...and a side: Sweetcorn, carrots
Pudding: Roly poly & custard

Choose a main meal...

Sausage 'n mash
Veggie sausage 'n mash
...and a side: Peas, carrots
Pudding: Fruity flapjack

Choose a main meal...

Beef burgers
Veggie burgers
...and a side: Sweetcorn, beans
Pudding: Rice pudding & jam

EVERYDAY MEALS

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

TUESDAY

Choose a main meal...

Chicken pie & mash
Vegetable pie & mash
...and a side: Peas, salad sticks
Pudding: Fruit jelly

Choose a main meal...

Chicken curry, rice & naan
Vegetable curry, rice & naan
...and a side: Sweetcorn, salad sticks
Pudding: Chocolate cake & custard

Choose a main meal...

Creamy chicken & pasta shells
Creamy vegetable & pasta shells
...and a side: Peas, crunchy carrots
Pudding: Oatie cookie & fresh fruit

EVERYDAY DESSERTS

Fresh Fruit and Yogurts are available as an alternative **each day**

WEDNESDAY

Choose a main meal...

Beef meatballs, bolonaise sauce & pasta twists
Ratatouille & pasta twists
...and a side: Crunchy carrots
Pudding: Chocolate brownie

Choose a main meal...

Beef lasagne & garlic bread
Vegetable lasagne & garlic bread
...and a side: Broccoli, crunchy carrots
Pudding: Banana mousse

Choose a main meal...

Cottage pie
Country vegetable pie
...and a side: Broccoli, salad sticks
Pudding: Syrup cake & custard

THURSDAY

Choose a main meal...

Roast Beef & roast potatoes
Lentil Roast & roast potatoes
...and a side: Carrots, seasonal veg.
Pudding: Strawberry mousse

Choose a main meal...

Roast chicken & roast potatoes
Quorn roast & roast potatoes
...and a side: Carrots, seasonal veg.
Pudding: Apple crumble & custard

Choose a main meal...

Roast gammon & roast pots
Cauliflower cheese & roast pots
...and a side: Carrots, seasonal greens
Pudding: Chocolate mousse

FRIDAY

Choose a main meal...

Battered cod & chips
Pasta Bake
...and a side: Beans, peas
Pudding: Vanilla ice cream

Choose a main meal...

Fish fingers & chips
Veggie fingers & chips
...and a side: Beans, peas
Pudding: Strawberry ice cream

Choose a main meal...

Battered cod & chips
Vegetable quiche & chips
...and a side: Beans, peas
Pudding: Vanilla ice cream

