














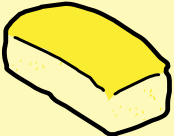


Week 1

Main Meal

Vegetarian

Alternative

Pudding

	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
	 chicken in white sauce with vegetable rice	 cottage pie, carrots and sweetcorn	 Swedish meatballs in gravy, mashed potatoes and green beans	 roast pork, roast potatoes, broccoli and gravy	 fish, chips and baked beans
	 Quorn in white sauce with vegetable rice	 veggie cottage pie, carrots and sweetcorn	 Swedish veggie meatballs in gravy, mashed potatoes and green beans	 Quorn fillet, roast potatoes, broccoli and gravy	 Quorn nuggets, chips and baked beans
	 jacket potato	 jacket potato	 jacket potato	 jacket potato	 jacket potato
	 lemon slice	 cheese, biscuits and celery	 jam buns	 yoghurt	 chocolate cornflake cakes

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 or
 
 and
 
 Jacket potato




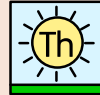
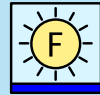




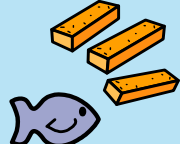












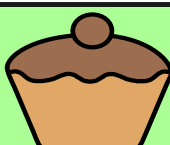


Week 2

Main Meal

Vegetarian

Alternative

Pudding

	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
	 Hunter's chicken, potato wedges and grated carrots	 toad in the hole, mashed swede and gravy	 macaroni cheese, garlic bread with diced tomato and cucumber	 roast gammon roast potatoes, cabbage and gravy	 fish fingers, chips and baked beans
	 Quorn in BBQ sauce, potato wedges and grated carrots	 veggie toad in the hole, mashed swede and gravy	 macaroni cheese, garlic bread with diced tomato and cucumber	 cheese and tomato stuffed jackets with cabbage	 mozzarella sticks, chips and baked beans
	 jacket potato	 jacket potato	 jacket potato	 jacket potato	 jacket potato
	 jam tart	 Angel Delight	 iced chocolate cake	 yoghurt	 rock cakes







 Jacket potato = Tuna mayo or cheese and beans

Week 3

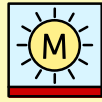
	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Main Meal	 jacket potato day: cheese & bacon, buttered sweetcorn	 Chinese chicken curry, rice and prawn crackers	 cheese topped Mexican pasta bake	 roast pork, roast potatoes, carrots and gravy	 sausage, chips and baked beans
Vegetarian	 jacket potato day: cheese & onion, buttered sweetcorn	 Chinese Quorn curry, rice and prawn crackers	 cheese topped veggie Mexican pasta bake	 cheese and tomato slice, roast potatoes with carrots	 veggie sausage, chips and baked beans
Alternative	 jacket potato	 jacket potato	 jacket potato	 jacket potato	 jacket potato
Pudding	 apple crumble with cream	 warm chocolate cookies	 fruit cinnamon swirl	 yoghurt	 flapjack



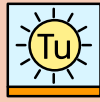



 Jacket potato = Tuna mayo or cheese and beans

Week 4



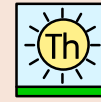
Monday



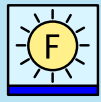
Tuesday



Wednesday



Thursday

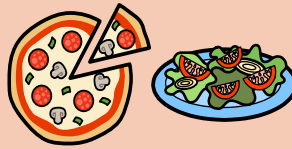


Friday

Main Meal



chicken pie with country vegetables



pizza and salad



toasted hot ciabatta with pick and mix fillings



roast chicken, roast potatoes, cauliflower and gravy

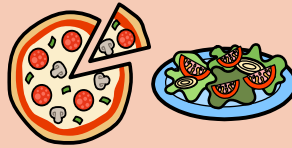


fish cakes, chips and baked beans

Vegetarian



Quorn pie with country vegetables



pizza and salad



toasted hot ciabatta with pick and mix fillings



spicy tomato pasta with cauliflower



mozzarella sticks, chips and baked beans

Alternative



jacket potato



jacket potato



jacket potato

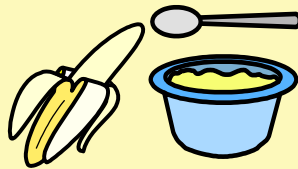


jacket potato



jacket potato

Pudding



banana custard



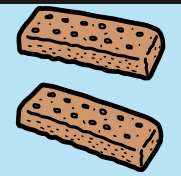
warm carrot cake muffins



jam sponge



yoghurt



chocolate shortbread



Jacket potato = Tuna mayo or cheese and beans