

WEEK 1

MONDAY

MAINS	Chicken Pie
VEGETARIAN	Cheese and Sweetcorn Omelette
SIDE	New Potatoes - Peas
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Fruit Yoghurt

TUESDAY

MAINS	Spaghetti Bolognese
VEGETARIAN	Vegetarian Spaghetti Bolognese
SIDE	Garlic Bread - Mixed Veg - Sweetcorn
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Rice Pudding

WEDNESDAY

MAINS	Roast Chicken
VEGETARIAN	Cauliflower Cheese
SIDE	Roast Potatoes - Cabbage - Carrots
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Tropical Fruit Pot

THURSDAY

MAINS	Chicken Tikka Masala
VEGETARIAN	Chickpea Curry
SIDE	Rice - Green Beans - Sweetcorn
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Fruit Muffin

FRIDAY

MAINS	Cod Fillets
VEGETARIAN	Fishless Fingers
SIDE	Chips - Baked Beans - Peas
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Fruit or Yoghurt

WEEK 2

MONDAY

MAINS	Sausages
VEGETARIAN	Quorn Sausages
SIDE	Mash - Carrots - Peas - Gravy
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Fruit Yoghurt

TUESDAY

MAINS	Salmon and Broccoli Pasta
VEGETARIAN	Mac and Cheese
SIDE	Peas - Mixed Veg
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Apple Crumble and Custard

WEDNESDAY

MAINS	Roast Chicken
VEGETARIAN	Quorn Fillet
SIDE	Roast Potatoes - Carrots - Peas - Swede
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Tropical Fruit Pot

THURSDAY

MAINS	Chilli Con Carne
VEGETARIAN	Stir Fry Noodles
SIDE	Rice - Peas - Sweetcorn
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Iced Sponge

FRIDAY

MAINS	Fish Fingers
VEGETARIAN	Fishless Fingers
SIDE	Chips - Baked Beans - Peas
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Fruit or Yoghurt

WEEK 3

MONDAY

MAINS	Ham and Pineapple Pizza
VEGETARIAN	Cheese Pizza
SIDE	Pasta - Peas - Sweetcorn
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Fruit Yoghurt

TUESDAY

MAINS	Sausages in Tomato Sauce
VEGETARIAN	Vegetarian Sausages in Tomato Sauce
SIDE	Pasta - Peas - Sweetcorn
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Banana Cake and Custard

WEDNESDAY

MAINS	Roast Chicken
VEGETARIAN	Quorn Fillet
SIDE	Roast Potatoes - Peas - Carrots
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Tropical Fruit Pot

THURSDAY

MAINS	Shepherds Pie
VEGETARIAN	Cheese and Tomato Pasta
SIDE	Baked Beans - Peas
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Chocolate Oaty Slice

FRIDAY

MAINS	Cod Fillets
VEGETARIAN	Cheese and Onion Puff
SIDE	Chips - Baked Beans - Peas
JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Fruit or Yoghurt

*Extras include Lettuce, Cucumber, Tomatoes, Peppers or Savoury Snacks
FRESH FRUIT, YOGURTS AND WHOLEMEAL BREAD ARE AVAILABLE DAILY.
MOST DISHES ARE MADE DAILY AND ARE SUBJECT TO CHANGE.