



Week 1

Monday

Macaroni cheese
Tomato & basil penne pasta
Sausage Pasta Bake
Garlic bread

Salad bar
Or

Cream cheese & cucumber bagel
Sticky orange and honey cake served with ice cream
Or

Muller corner yoghurt Or fresh fruit

Tuesday NEW! – PICNIC BAG DAY!

Filled roll of choice:

Cheese; ham; egg; tuna mayonnaise or chicken
Served with carrot or cucumber sticks

A piece of fruit
Shortbread

Carton of fruity water or carton of milkshake

Or

Jacket potato served with grated cheddar cheese and baked beans.

Muller corner yoghurt Or fresh fruit

Wednesday

Local butcher's roast beef with Yorkshire pudding & gravy
Or

Braised Quorn fillet with Yorkshire pudding & gravy
Roast potatoes, freshly sliced carrots, broccoli florets

Fresh fruit salad
Or

Muller corner yoghurt or fresh fruit

Thursday

Homemade chicken pie
Or

Veggie sausage turnovers
Crushed new potatoes, whole green beans, freshly sliced carrots

Or

Jacket potato served with tuna crunch

100% fruit lolly

Or

Muller corner yoghurt Or fresh fruit

Friday

Harry Ramsden oven baked fish fillet
Or

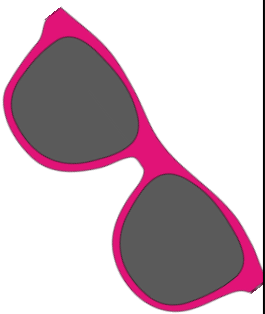
Chickpea and coriander patties
Chips, baked beans, garden peas

Salad bar

Baked waffle with fruity compote

Or

Muller corner yoghurt Or fresh fruit



Week 2

Monday

Chicken korma served with naan bread

Or

Sweet potato & lentil curry

Fluffy white & wholegrain rice

Salad bar

Or

Jacket potato with tuna, sweetcorn & mayonnaise

Homemade chocolate sponge with hot chocolate sauce

Or

Muller corner yoghurt Or fresh fruit

Tuesday

Local butcher's sausage (gravy if required)

Or

Quorn sausage

Creamy mashed potato, baked beans, broccoli floret

Or

Jacket potato with grated cheddar cheese

Fresh fruit platter

Or

Muller corner yoghurt Or fresh fruit

Wednesday

Roast chicken breast served with sage & onion stuffing, Yorkshire pudding & gravy

Or

Sage & onion topped Quorn fillet served with Yorkshire pudding

Roast potatoes, freshly sliced carrots, shredded savoy cabbage

Raspberry Jelly

Or

Muller corner yoghurt Or fresh fruit.

Thursday

Homemade beef bolognese served with spaghetti

Or

Pasta bows in a tomato & garlic sauce, served with a sprinkling of cheese

Garlic bread

Salad bar

Or

Jacket potato with baked beans

Children's favourite crumble & custard

Or

Muller corner yoghurt Or fresh fruit.

Friday

Harry Ramsden's oven baked fish fillet

Or

Quorn, pea and red pepper frittata

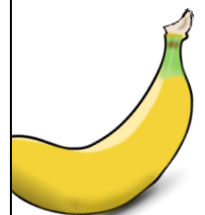
Chips, garden peas, sweetcorn

Salad bar

Oat cookie with grapes or apple wedge

Or

Muller corner yoghurt Or fresh fruit





Week 3

Monday – meat free Monday

Homemade cheese & tomato or rainbow pepper pizza
Children's favourite pasta salad
Or
Jacket potato with grated cheddar cheese & baked beans
Salad bar
Fresh fruit pots
Or
Muller corner yoghurt Or fresh fruit

Tuesday

Southern crumbed chicken breast fillet
Or
Spanish omelette
Herby baby potatoes, baked beans
Or Jacket potato with tuna, sweetcorn & mayonnaise
Homemade toffee pudding
Or
Muller corner yoghurt Or fresh fruit

Wednesday

Roast turkey served with Yorkshire pudding & gravy
Or
Roast Quorn fillet served with a Yorkshire pudding
Roast potatoes, freshly sliced carrots, broccoli florets
Chocolate arctic roll
Or
Muller corner yoghurt or fresh fruit

Thursday

Pork meatballs in a rich tomato sauce
Or
Quorn balls in a rich tomato sauce
Fluffy white and wholegrain rice
Salad bar
Or
Jacket potato with grated cheddar cheese
Peach flapjack
Or
Muller corner yoghurt Or fresh fruit.

Friday

Omega 3 fish fingers
Or
Vegetable nuggets
Chips, garden peas
Salad bar
Fruit smoothie pots
Or
Muller corner yoghurt Or fresh fruit