



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Tikka Masala with Wholegrain & White Rice	Beef Meatballs in Tomato Sauce with Pasta	Roast Gammon & Roast Potatoes with Gravy	Cheesy Salmon Sub Melt with Baked Wedges	Fish Fingers & Chips
VEGETARIAN MAIN MEAL	Goan Potato & Spinach Curry with Wholegrain & White Rice	Plant Based Meatball Pasta Bake	Vegan Sausage Puff & Roast Potatoes with Gravy	Italian Cheese & Tomato Pizza with Baked Wedges	Vegan Vegetable Nuggets & Chips
VEGETABLES	Carrots & Peas	Garden Peas	Seasonal Vegetables	Tomato, Cucumber & Carrot Salad	Baked Beans
PUDDING	Vanilla Yoghurt	Apple Strudel & Custard	Strawberry Jelly & Mandarins	Pear & Cocoa Sponge with Vanilla Sauce	Chocolate Brownie



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Traditional Pork Sausage & Mash	Texan Style Mince Beef with Wholegrain & White Carrot Rice	Roast Turkey & Roast Potatoes with Gravy	Chicken Pasta in Tomato Sauce	Battered Fish & Chips
VEGETARIAN MAIN MEAL	Baked Gnocchi in Tomato & Basil Sauce	Plant Based Chilli with Wholegrain & White Carrot Rice	Red Pepper & Spinach Spanish Omelette	Crispy Topped Mac 'n' Cheese & Homemade Garlic Bread	Margherita Wrap & Chips
VEGETABLES	Carrots	Sweetcorn	Seasonal Vegetables	Garden Peas	Baked Beans
PUDDING	Vegan Lemon Shortbread	Pear Crumble & Custard	Vanilla Yoghurt	Eves Pudding & Vanilla Sauce	Oaty Fruit Crunch



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mild & Creamy Makhani Chicken Curry with Pilau Rice	Beef Bolognaise with Wholegrain & White Pasta	Roast Chicken & Roast Potatoes with Gravy	Mixed Vegetable & Bean Hot Wrap with Baked Wedges	Fish Fingers & Chips
VEGETARIAN MAIN MEAL	Sri Lankan Split Pea & Cauliflower Curry with Pilau Rice	Vegan Roasted Vegetable Bolognaise with Wholegrain & White Pasta	Vegan Wellington & Roast Potatoes with Gravy	Italian Cheese & Tomato Pizza with Baked Wedges	Onion Bhaji Burger & Chips
VEGETABLES	Sweetcorn	Garden Peas	Seasonal Vegetables	Tomato, Cucumber & Carrot Salad	Baked Beans
PUDDING	Vanilla Yoghurt	Pineapple Upside Down Cake & Vanilla Sauce	Strawberry Jelly with Fruit Cocktail	Homemade Apple Crumble & Custard	Chocolate Cracknell