



| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|--|---------------------------------|--|---|---------------------------------|
| MAIN MEAL | Mild Chicken Massaman Curry with Wholegrain & White Rice | Chicken & Tomato Pasta Bake | Roast Gammon & Roast Potatoes with Gravy | Cheesy Salmon Sub Melt with Baked Wedges | Fish Fingers & Chips |
| VEGETARIAN MAIN MEAL | Vegan Sweet & Sour Butternut Squash 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 |
| PASTA | Pasta with Tomato & Basil Sauce | Pasta with Cheese Sauce | Pasta with Tomato & Basil Sauce | Pasta with Cheese Sauce | Pasta with Tomato & Basil Sauce |
| VEGETABLES | Carrots & Peas | Garden Peas | Seasonal Vegetables | Tomato, Cucumber & Carrot Salad | Baked Beans |
| PUDDING | Vanilla Yoghurt | Apple Crumble & Custard | Strawberry Jelly & Mandarins | Apple & Cocoa Sponge with Vanilla Sauce | Vegan Shortbread |



| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|---|--|---|--|--|
| MAIN MEAL | Traditional Pork & Beef Sausage & Mash | Beef & Basil Pasta Bake | Roast Turkey & Roast Potatoes with Gravy | Mild Mexican Beef Chilli with Wholegrain & White Carrot Rice | Battered Fish & Chips |
| VEGETARIAN MAIN MEAL | Vegan Plant Based Sausage & Mash | Vegan Baked Gnocchi in Tomato & Basil Sauce | Red Pepper & Spinach Spanish Omelette | Vegan Mild Plant Based Chilli with Wholegrain & White Carrot Rice | Margherita Wrap & Chips |
| PASTA | Pasta with Tomato & Basil Sauce | Pasta with Cheese Sauce | Pasta with Tomato & Basil Sauce | Pasta with Cheese Sauce | Pasta with Tomato & Basil Sauce |
| VEGETABLES | Carrots | Sweetcorn | Seasonal Vegetables | Garden Peas | Baked Beans |
| PUDDING | Vanilla Yoghurt | Peach & Pineapple Crumble with Custard | Orange Jelly | Eves Pudding & Vanilla Sauce | Chocolate Cookie |



| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|--|--|---|---|---|
| MAIN MEAL | Mild Chicken Bhuna Curry with Wholegrain & White Carrot 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 | Mild Chickpea & Paneer Korma with Wholegrain & White Carrot Rice | Vegan Plant Based Bolognaise with Wholegrain & White Pasta | Macaroni Cheese | Italian Cheese & Tomato Pizza with Baked Wedges | Vegan Falafel Kofta & Chips with Asian Slaw |
| PASTA | Pasta with Tomato & Basil Sauce | Pasta with Cheese Sauce | Pasta with Tomato & Basil Sauce | Pasta with Cheese Sauce | Pasta with Tomato & Basil Sauce |
| VEGETABLES | Sweetcorn | Carrots & Peas | Seasonal Vegetables | Tomato, Cucumber & Carrot Salad | Baked Beans |
| PUDDING | Vanilla Yoghurt | Blueberry Muffin | Strawberry Jelly with Fruit Cocktail | Homemade Apple Crumble & Custard | Chocolate Crispie Cake |