

WEEK 1



Monday

Main: Cottage pie or (v)Quorn pie **Sides:** Mixed veg, broccoli, Jacket potato cheese & beans. **Puddings:** Mousses, shortbread, cheese and crackers and yoghurt and fruit.

Tuesday

Main: BBQ chicken, rice or (v)BBQ quorn fillets..

Sides: Green beans, sweetcorn. **Puddings:** Flap jack & custard, shortbread, cheese and crackers and yoghurt and fruit.

Wednesday

Main: Burgers in a bap or (v)veggie

burgers . **Sides:** Onions, cheese slice, herby potatoes, peas, sweetcorn, jacket potato cheese & beans. **Puddings:** Jelly, shortbread, cheese and crackers, yoghurts and fruit.

Thursday

Main: Traditional roast beef, Yorkshire

pudding, mash potato, roast potatoes, carrots/cabbage, Vegetarian option includes broccoli, cheese. **Sides:** Jacket potato cheese & beans

Puddings: Fruit crumble with custard, shortbread, cheese and crackers and yoghurts and fruit.

Friday

Main: Battered fish or Vegetarian option is Quorn nuggets coated in a light batter. **Sides:** chips, peas, sweetcorn, jacket potato cheese, baked beans.

Puddings: strawberry jelly, shortbread, cheese and crackers, yoghurts and fruit.

WEEK 2

Monday

Main: Beef stew in a Yorkshire pudding or (v)Quorn stew **Sides:** Mash potato, broccoli, mixed veg, gravy, jacket potato, cheese, beans

Puddings: Jelly, shortbread, cheese and crackers, yoghurts and fruit.

Tuesday

Main: big breakfast farm assured pork and

back bacon, or (v)vegetarian sausages. **Sides:** hash browns, plum tomatoes, mushrooms, scrambled egg, baked beans. **Puddings:** Marble sponge and custard, shortbread, cheese and crackers yoghurts and fruit.

Wednesday

Main: Mac &

cheese with bacon bits or (v)mac & cheese. **Sides:** pea's, sweetcorn, garlic bread, jacket potato, beans, cheese.

Puddings: Mousse, shortbread, cheese and crackers, yoghurts and fruit.

Thursday

Main: traditional roast turkey,

vegetarian option includes broccoli cheese. **Sides:** Mashed potato, roast potato, carrots, cabbage, jacket potato, cheese, beans **Puddings:** Fruit crumble and custard, yoghurts and fruit, cheese and crackers.

Friday

Main: battered fillet of fish, or (v)Quorn nuggets coated in a light batter. **Sides:** chips, peas,

sweetcorn, jacket potato, cheese, baked beans. **Puddings:** Jelly, shortbread, cheese and crackers, yoghurts and fruit.

WEEK 3



Monday

Main: Sausages or

(v)Quorn sausages. **Sides:** Mashed potato, Yorkshire pudding, broccoli, cauliflower, gravy, jacket potato, cheese, beans..

Puddings: mousses, shortbread, yoghurts and fruit, cheese and crackers.

Tuesday

Main: Chicken Korma or (v) Vegetable korma **Sides:** Rice,

naan bread, mixed veg green beans, jacket potato, beans, cheese **Puddings:** Jam & coconut with custard, shortbread, cheese and crackers, yoghurts and fruit.

Wednesday

Main: Beef lasagne

or (v)Quorn lasagne **Sides:** Peas, sweetcorn, garlic bread , jacket potato, cheese, beans **Puddings:** shortbread, jelly, cheese and crackers, yoghurts and fruit.

Thursday

Main: Traditional roast

beef Vegetarian option includes broccoli cheese. **Sides:** Mashed potato, cabbage, Yorkshire puddings, carrots. Jacket potato, beans, cheese **Puddings:** Fruit crumble with custard, shortbread, yoghurts and fruit cheese and crackers.

Friday

Main: Fish or (v)Quorn nuggets

coated in a light batter. **Sides:** chips, peas, sweetcorn, jacket potato, cheese, baked beans. **Puddings:** shortbread, mousse, cheese and crackers, yoghurts and fruit.

