

# Week one

02/01 23/01 06/03 27/03

Monday

Choose a main meal...

Cheese and Tomato Wholemeal Pizza\*\*  
Penne Pasta Bake

on the side...

Mixed Salad  
Broccoli and Carrots

for dessert...

Apple Crumble with Custard\*  
Yoghurt or Fresh Fruit

Tuesday

Choose a main meal...

Chicken Casserole with Rice  
Cheesy Hotpot

on the side...

Rice Salad  
Baked Tomatoes and Sweetcorn

for dessert...

Lemon Drizzle Cake  
Yoghurt or Fresh Fruit

Wednesday

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy  
Quorn and Leek Bake with Roast Potatoes & Gravy

on the side...

Pasta Salad  
Carrots and Cauliflower

for dessert...

Fruit Jelly  
Yoghurt or Fresh Fruit

Thursday

Choose a main meal...

Italian Lasagne with Herby Bread Wedge  
Goan Vegetable Curry with Rice

on the side...

Cous Cous Salad  
Swede and Peas

for dessert...

Pineapple Upside Down Cake with Custard\*  
Yoghurt or Fresh Fruit

Friday

Choose a main meal...

Fish Fingers with Chips  
Cheese and Onion Quiche with Chips

on the side...

Coleslaw  
Baked Beans and Roasted Vegetables

for dessert...

Shortbread with Apple and Orange Slices\*  
Yoghurt or Fresh Fruit

# Week two

09/01 30/01 20/02 13/03

Choose a main meal...

Savoury Minced Beef with Wholemeal Rice\*\*  
Creamy Beany Carbonara

on the side...

Crunchy Salad  
Sweetcorn and Cauliflower

for dessert...

Apricot Picnic Bar\*  
Yoghurt or Fresh Fruit

Choose a main meal...

Salmon and Vegetable Pasta  
Macaroni Cheese

on the side...

Carrot and Sultana Salad  
Peas and Carrots

for dessert...

Marble Sponge with Custard  
Yoghurt or Fresh Fruit

Choose a main meal...

Roast Beef with Roast Potatoes & Gravy  
Cauliflower and Creamed Corn Bake with Roast Potatoes

on the side...

Tuscan Bean Salad  
Red Cabbage and Swede

for dessert...

Chocolate Sultana Crispiers  
Yoghurt or Fresh Fruit

Choose a main meal...

Moroccan Chicken with Couscous  
Sweet Potato and Vegetable Balti with Basmati Rice

on the side...

Potato and Chive Salad  
Sweetcorn and Broccoli

for dessert...

Oatie Cookie with Apple and Orange Slices\*  
Yoghurt or Fresh Fruit

Choose a main meal...

Battered Fish Fillet with Chips  
Quorn Burger with Chips

on the side...

Tomato and Cucumber Salad  
Baked Beans and Carrots

for dessert...

Sticky Toffee and Banana Pudding with Custard  
Yoghurt or Fresh Fruit

If you don't fancy dessert, you can *always* enjoy fresh fruit or yoghurt.



# Week three

16/01 06/02 27/02 20/03

Choose a main meal...

Turkey Meatball Marinara Pasta Bake  
Mozzarella and Tomato Pizza\*\*

on the side...

Savoury Rice Salad  
Peas and Carrots

for dessert...

Ice-cream Pot  
Yoghurt or Fresh Fruit

Choose a main meal...

Chicken Sausages with Mashed Potato & Gravy  
Vegetable Chilli with Rice

on the side...

Apple and Celery Salad  
Broccoli and Sweetcorn

for dessert...

Vanilla Sponge  
Yoghurt or Fresh Fruit

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy  
Lentil Roast with Roast Potatoes & Gravy

on the side...

Pasta Salad  
Carrots and Cabbage

for dessert...

Carrot and Pineapple Muffin  
Yoghurt or Fresh Fruit

Choose a main meal...

Lamb Dhansak with Rice  
Roast Cauliflower and Chickpea Korma with Rice

on the side...

Chopped Cucumber and Tomato Salad  
Green Beans and Cauliflower

for dessert...

Plum Crumble with Custard\*  
Yoghurt or Fresh Fruit

Choose a main meal...

Fish Fingers with Chips  
Quorn Hotdog with Chips

on the side...

Beetroot, Carrot and Apple Salad  
Baked Beans and Roasted Vegetables

for dessert...

Pear and Chocolate Sponge\*  
Yoghurt or Fresh Fruit

There is a vegetarian choice *every day...* and don't forget that salad is available *daily*.



Keep yourself topped up with water - it will help you concentrate *all day long*.



We have a fresh salad bar available daily  
All of our bread is baked fresh every day  
Cool Water served daily  
If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us  
\*Fruit Based \*\*Wholegrain

