



WEEK ONE



MON	TUES	WED	THURS	FR
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Minced Beef & Dumplings with Creamed Potatoes Bacon & Tomato Pasta Bake with Garlic Bread	Chicken Wrap with Potato Wedges Lamb Tagine & Cous Cous	Roast Pork with Apple Sauce Roast Potatoes Med Fish Parcels with Baked Potato	Organic Beef Burger in a Bun with Potato Wedges Chicken Chow Mein	Battered Fish with Chips Fish Fingers & Chips
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
Cajun Vegetable Wrap with Savoury Veg Rice	Root Vegetable & Chickpea Crumble & Diced Potatoes	Macaroni Cheese with Garlic Bread	Vegetable Lasagne	Cheese & Tomato Quiche
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Dessert	Dessert	Dessert	Dessert
Seedy Plum Crumble & Custard	Pineapple Upside Down Cake & Custard	Chocolate Banana Brownie with Chocolate Sauce	Lemon Meringue Pie	Carrot Cake Muffin



WEEK TWO



MON	TUES	WED	THURS	FR
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Cottage Pie	Turkey & Sweetcorn Pie with Sweet Potato Mash	Roast Beef & Yorkshire Pudding with Roast Potatoes	Chicken Tikka Masala & Rice	Crispy Battered Fish & Chips
Spanish Meatballs in Tomato Sauce with Rice	Bacon, Leek & Potato Bake	Caribbean Jerked Chicken with Vegetable Rice	Beef Lasagne & Garlic Bread	Fish Fingers & Chips
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
Cheesy Mexican Tortilla with Potato Wedges	Tomato & Basil Pasta with Cheese & Onion Flat Bread	Bean & Vegetable Hot Pot	Broccoli & Wensleydale Quiche with Baked Potato	Stuffed Peppers
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Dessert	Dessert	Dessert	Dessert
Rice Pudding & Peaches	Apple & Sultana Cake with Custard	Chocolate Cornflake Pudding	Sticky Toffee Pudding with Custard	Blackcurrant & Oat Slice with Custard



WEEK THREE



MON	TUES	WED	THURS	FR
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Beef Casserole with Lyonnaise Potatoes Chicken & Tomato Pasta with Tomato Bread	Sausage Toad in the Hole with Mash & Onion Gravy Crispy Salmon Wrap with Yoghurt & Cucumber Dressing & Potato Wedges	Roast Chicken with Sage & Onion Stuffing Roast Potatoes Beef Macaronade with Garlic Bread	Beef Madras & Rice Pork Meatloaf with Boiled Potatoes	Breaded Fish & Chips Fish Fingers & Chips
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
Vegetable Moussaka & Greek Potato Salad	Butternut Squash & Spinach Curry & Rice	Vegetable Chilli & Rice	Cheese & Leek Roll with Diced Potatoes	Margarita Pizza with Chips
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Dessert	Dessert	Dessert	Dessert
Paris Sandwich & Custard	Crunchy Rhubarb & Apple Crumble with Custard	Chocolate & Orange Sponge with Chocolate Sauce	Date & Oat Squares with Custard	Fruits of the Forest Crumble Slice