

Will you be eating 5 portions of fruit & vegetables today? Our menu will help you...

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One					
Meat or Fish Option	Sausage & Mash	Chicken Curry	Roast Beef & Yorkshire Pudding	Turkey Meatball in Marinara Sauce	Fish & Chips
Vegetarian Option	Vegetable Coulade	Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Corn Chilli Cocos	Bean & Vegetable Collage Pie	Vegetable Pizza
Jacket Potato	Baked Beans in Green Beans				
Vegetables	Mashed Potato	Steamed Rice Noodles	Roast Potatoes Steamed Rice	Spaghetti Garlic Bread	Chips
Carbohydrate		Bread & Salad will be available at lunch times			
Sweet Choice 1	Cherry Shortbread & Milkshake	Jam Suet Sponge with Custard	Cornflake Crunchie	Pear Biscuits & Vanilla Sauce	Cocoa Brownie
Sweet Choice 2	Cheese & Biscuits Fresh Fruit & Yogurts	Cheese & Biscuits Fresh Fruit & Yogurts	Cheese & Biscuits Fresh Fruit & Yogurts	Cheese & Biscuits Fresh Fruit & Yogurts	Cheese & Biscuits Fresh Fruit & Yogurts

Will you be eating 5 Portions of Fruit & Vegetables today? Our menu will help you...

	Monday	Tuesday	Wednesday	Thursday	Friday
Week Two					
Meat or Fish Option	Tuna & Sweetcorn Pasta Bake	Chinese Chicken	Roast Turkey & Stuffing	Beef Enchilada	Fish & Chips!
Vegetarian Option	Basil Quiche	Vegetable Quiche	Vegetable Quiche with Pesto	Quorn & Vegetable Bunfio	Pasta with Lentil & Pepper
Jacket Potato	Green Beans Cauliflower	Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw			
Vegetables	Pasta	Steamed Rice Half a Jacket	Roast Potatoes Spaghetti	Tortilla Steamed Rice	Chips
Carbohydrate	New Potatoes	Bread & Salad will be available at Lunch Times			
Sweet Choice 1	Raspberry Maple Roll	Pineapple & Cherry Sponge & Custard	Butterscotch Mousse	Steamed Syrup Sponge & Custard	Apricot Flapjack
Sweet Choice 2	Cheese & Biscuits Fresh Fruit & Yogurt	Cheese & Biscuits Fresh Fruit & Yogurt	Cheese & Biscuits Fresh Fruit & Yogurt	Cheese & Biscuits Fresh Fruit & Yogurt	Cheese & Biscuits Fresh Fruit & Yogurt

Will you be eating 5 Portions of Fruit & Vegetables today? Our menu will help you...

	Monday	Tuesday	Wednesday	Thursday	Friday
Week Three					
Meat or Fish Option	Herby Tomato Chicken $\text{\textcircled{V}}$	Beef in Black Bean Sauce $\text{\textcircled{V}}$	Roast Chicken & Stuffing	Lamb & Vegetable Pie $\text{\textcircled{V}}$	Fish & Chips!
Vegetarian Option	Vegetarian Pasta & Potato Curry $\text{\textcircled{V}}$	Pasta Bake $\text{\textcircled{V}}$	Chicken Fillet	Italian Bean Bake $\text{\textcircled{V}}$	Quorn Hotdog
Jacket Potato					
Vegetables	Mixed Vegetables	Carrot	Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw		
Carbohydrate	Steamed Rice	Noodles Garlic Bread	Roast Potatoes	Mashed Potato	Chips
Sweet Choice 1	Apple Crumble with Custard	Chocolate Cracknel	Strawberry Meringue	Mashed Sponge & Chocolate Sauce	Orange Intzale
Sweet Choice 2	Cheese & Biscuits Fresh Fruit & Yoghurts $\text{\textcircled{V}}$	Cheese & Biscuits Fresh Fruit & Yoghurts $\text{\textcircled{V}}$	Cheese & Biscuits Fresh Fruit & Yoghurts $\text{\textcircled{V}}$	Cheese & Biscuits Fresh Fruit & Yoghurts $\text{\textcircled{V}}$	Cheese & Biscuits Fresh Fruit & Yoghurts $\text{\textcircled{V}}$

Bread & Salad will be available at Lunch Times