

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Lentil Soup Carrot and Coriander Soup	Lentil Soup Mushroom Soup	Lentil Soup Sweetcorn and Noodle Soup	Lentil Soup Potato Soup	Lentil Soup
Choice 1	BBQ Quorn Wholemeal Wrap with Rice	Creamy Salmon Bake	Chicken Curry with Rice	Dressed Fish and Chips	Sweet and Sour Chicken and Vegetables with Rice
Choice 2	Neapolitan Pasta with Garlic Bread	Quorn Mince and Roast Potatoes	Vegetable Lasagne	Linda McCartney Vegetarian Sausages and Chips	Quorn Burrito Bake
Vegetables	Green Beans and Sweetcorn Crunchy Salad	Carrot and Swede Mash Crunchy Salad	Broccoli and Cauliflower Florets Crunchy Salad	Peas and Sweetcorn Baked Beans Crunchy Salad	Carrot Batons and Broccoli Florets Crunchy Salad
Dessert	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt
Comments	<p style="text-align: center;">All Soups are Homemade served with a Selection of Wholemeal Breads. All Bread Products are Wholemeal</p>				

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Lentil Soup Tomato Soup	Lentil Soup Vegetable Soup	Lentil Soup Potato Soup	Lentil Soup Minestrone Soup	Lentil Soup
Choice 1	Macaroni Cheese with Crusty Wholemeal Bread	Homemade Sweet Chilli Chicken Goujons served with Noodles	Scotch Beef Lasagne and Garlic Bread	Dressed Fish and Chips	Chicken and Vegetables in Gravy with New Potatoes
Choice 2	Quorn Chilli and Rice in a Tortilla Bowl	Roasted Vegetable Bake	Vegetarian Meatballs in Gravy with Mash Potato	Vegetable Risotto	Quorn Sausages in Gravy with New Potatoes
Vegetables	Broccoli and Sweetcorn Crunchy Salad	Sliced Green Beans and Swede Crunchy Salad	Cabbage and Carrots Crunchy Salad	Peas and Sweetcorn Baked Beans Crunchy Salad	Carrots and Broccoli Crunchy Salad
Dessert	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt
Comments	<p style="text-align: center;">All Soups are Homemade served with a Selection of Wholemeal Breads. All Bread Products are Wholemeal</p>				

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Lentil Soup Carrot and Coriander Soup	Lentil Soup Mushroom Soup	Lentil Soup Sweetcorn and Noodle Soup	Lentil Soup Potato and Leek Soup	Lentil Soup
Choice 1	Quorn Spaghetti Bolognaise	Turkey Burger in a Wholemeal Bun with Oven Baked Wedges	Chicken Roast Dinner with New Potatoes and a Mini Yorkshire Pudding	Dressed Fish and Chips	Scotch Beef Mince with Mash Potatoes
Choice 2	Quorn and Sweet Potato Curry with Rice and Peas	Spanish Omelette with Oven Baked Wedges	Quorn Fillet in Gravy with New Potatoes and a Mini Yorkshire Pudding	Quorn Dippers and Chips	Vegetable Stir Fry with Noodles
Vegetables	Broccoli and Sweetcorn Crunchy Salad	Carrot and Green Beans Crunchy Salad	Spinach and Diced Swede Crunchy Salad	Peas and Carrots Baked Beans Crunchy Salad	Broccoli and Cauliflower Florets Crunchy Salad
Dessert	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt
Comments	<p style="text-align: center;">All Soups are Homemade served with a Selection of Wholemeal Breads. All Bread Products are Wholemeal</p>				

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Lentil Soup Tomato and Rice Soup	Lentil Soup Vegetable Soup	Lentil Soup Potato Soup	Lentil Soup Minestrone Soup	Lentil Soup
Choice 1	Quorn Southern Fried Bites with Garlic Mayo in a Wholemeal Wrap with Oven Baked Wedges	Salmon Fish Cakes with New Potatoes	Ginger Chicken Noodles	Dressed Fish and Chips	Chicken and Sweetcorn Supreme with Basmati Rice
Choice 2	Cheese Omelette with oven Baked Wedges	Macaroni Cheese with Crusty Wholemeal Bread	Wholemeal Pitta Bread filled with Cajun Quorn Pieces	Veggie Burger in a Wholemeal Bun and Chips	Spicy Tomato Pasta with Garlic Bread
Vegetables	Peas and Sweetcorn Crunchy Salad	Green Beans and Carrot Batons Crunchy Salad	Cauliflower and Broccoli Florets Crunchy Salad	Carrots and Peas Baked Beans Crunchy Salad	Broccoli and Sweetcorn Crunchy Salad
Dessert	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt	Seasonal Fruit Salad, Dried Fruit Fruit Yoghurt
Comments	<p style="text-align: center;">All Soups are Homemade served with a Selection of Wholemeal Breads. All Bread Products are Wholemeal</p>				