

WEEK.1

WEDNESDAY MONDAY **TUESDAY THURSDAY** FRIDAY **Selection of Sandwiches BBQ Chicken Roast Gammon Battered Pollock Cheese and Tomato Pizza** Served with Mashed Potatoes and Gravy Served with Fruit, Crudites and Yoghurt Served with Chips Served with Rainbow Rice **Broccoli, White Bean and Leek Tart Roasted Cauliflower and Chickpea Masala Macaroni Cheese Veggie Fingers** V W **V** 🗱 🛞 Served with Wholegrain Rice Served with Chips **Jacket Potato Jacket Potato Jacket Potato Jacket Potato** with a choice of fillings with a choice of filling with a choice of filling with a choice of filling including salmon mayo All main meals are served with two vegetables **Yoghurt and Fruit Rice Pudding Pot Yoghurt and Fruit Banoffee Pie** $\overset{\bullet}{\bigcirc}$ Vegetarian Dily Fish Wholegrain **Available every day Packed lunch** Water, salad, freshly baked bread, Selection of sandwiches served with Fruity! W Nutritionist's Choice yoghurt & fresh fruit fruit, crudites and yoghurt



SPECIA

MEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Tomato Pasta Bake

Served with Wholegrain Pasta

Beef Bolognese

Served with Roast Potatoes, Stuffing and Gravy

Roast Chicken

Salmon Fish Fingers

Served with Chips

Selection of Sandwiches

Served with Fruit, Crudites and Yoghurt

Sweet Potato and Lentil Curry



Served with Wholegrain Rice

Tex Mex Vegetable Fajita Wrap

Sweet Potato, Chickpea and Herb Roast

Served with Roast Potatoes and Gravy

Cheesy Bean Tortilla Toastie



Served with Chips

Jacket Potato



with a choice of filling

with a choice of fillings including salmon mayo

Jacket Potato

Jacket Potato



with a choice of filling

Jacket Potato



with a choice of filling

All main meals are served with two vegetables

Yoghurt and Fruit



Served with Apple Wedges

Flapjack

Yoghurt and Fruit



Rice Pudding Pot

Packed lunch

Selection of sandwiches served with fruit, crudites and yoghurt

Available every day

Water, salad, freshly baked bread, yoghurt & fresh fruit









WEEK 3

MONDAY **TUESDAY Roast Beef Sausage Hot Dog Cheese and Tomato Pizza** SPECIALS Served with Potato Wedges Served with Roast Potatoes and Gravy **Chilli No Carne with Crispy Tortilla Veggie Sausage Hot Dog ₩ V** Served with Wholegrain Rice Served with Potato Wedges **Jacket Potato Jacket Potato Jacket Potato** with a choice of fillings with a choice of filling with a choice of filling including salmon mayo All main meals are served with two vegetables **Lemon Cookie Yoghurt and Fruit Rice Pudding Pot**

WEDNESDAY **THURSDAY FRIDAY Selection of Sandwiches Battered Pollock** Served with Fruit, Crudites and Yoghurt Served with Chips **Quorn Dippers Arrabbiata Tomato Pasta Bake** Served with Chips **Jacket Potato** with a choice of filling **Yoghurt and Fruit** Served with Orange Wedges

Packed lunch

Selection of sandwiches served with fruit, crudites and yoghurt

Available every day Water, salad, freshly baked bread, yoghurt & fresh fruit

Vegetarian Dily Fish Wholegrain











WEDNESDAY **THURSDAY** MONDAY **TUESDAY FRIDAY Selection of Sandwiches Classic Beef Burger Salmon Fish Fingers Oat Crusted Chicken Macaroni Cheese** Served with Fruit, Crudites and Yoghurt V W Served with Wholegrain Rice Served with Potato Wedges Served with Chips SPECIA **Roasted Cauliflower and Chickpea Quorn Burger Quorn Dippers** Masala **Butternut Squash and Tomato Bake ₩ V** ₩ Served with Chips Served with Potato Wedges Served with Wholegrain Rice **Jacket Potato Jacket Potato Jacket Potato Jacket Potato** with a choice of fillings with a choice of filling with a choice of filling with a choice of filling including salmon mayo All main meals are served with two vegetables **Crunchy Chocolate Mousse Yoghurt and Fruit Rice Pudding Pot Yoghurt and Fruit Ö**₩ $\bigcirc \bigcirc \bigcirc$ Vegetarian Dily Fish Wholegrain **Available every day Packed lunch** Selection of sandwiches served with Water, salad, freshly baked bread, Fruity! W Nutritionist's Choice

yoghurt & fresh fruit

fruit, crudites and yoghurt