



# Week One

Week commencing 6<sup>th</sup> Sept, 27<sup>th</sup> Sept, 18<sup>th</sup> Oct



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice 1	Spaghetti Beef Bolognese Garlic Bread	Turkey Soy Stir-Fry with Noodles	Roast Beef with Yorkshire Pudding, Roast Potatoes and Gravy	Fresh Lamb Burger in Bun, Lettuce Baked Wedges	Fish Fingers with Chips
Main Choice 2	Spaghetti Veggie Mince Bolognese Garlic Bread	Vegetable and Tofu Stir-Fry with Noodles	Quorn with Yorkshire Pudding, Roast Potatoes and Gravy	Fresh Veggie Bean Burger in Bun, Lettuce Baked Wedges	Mexican Quorn Chili with Roasted Peppers and Chips
Extra Choice	Jacket Potato with Cheese/ Tuna	Pasta with Tomato Sauce and Cheese	Jacket Potato with Cheese/ Tuna	Pasta with Tomato Sauce and Cheese	Jacket Potato with Cheese/ Tuna
Sides	Green Salad Sweetcorn	Spring Greens Prawn Crackers	Mixed Vegetables Broccoli	Broccoli Coleslaw	Peas Beans
Fruit	Fresh Fruit and yoghurt served daily				
Sweets	Lemon Shortbread	Berry Sponge	Chocolate or Strawberry Mousse	Chocolate Brownie	Tindal Mess



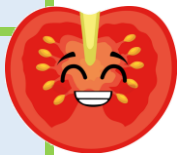


# Week Two

Week commencing 13<sup>th</sup> Sept, 4<sup>th</sup> Oct



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice 1	Lamb Sausages and Mash	Beef Lasagna with Garlic Bread	Chicken Curry with Rice and Naan	Chicken & Sweetcorn Topped Pizza with 'Hidden Veggie' Tomato Sauce and Melted Cheese	Battered Fish Wrap with Chips
Main Choice 2	Veggie Sausages Sausages with Mash	Chunky Vegetable Lasagna with Garlic Bread	Vegetable Curry with Rice and Naan	Margherita Pizza with 'Hidden Veggie' Tomato Sauce and Melted Mozzarella	Mediterranean Vegetables Halloumi Wrap with Chips
Extra Choice	Pasta with Tomato Sauce and Cheese	Jacket Potato with Cheese / Tuna	Jacket Potato with Cheese / Tuna	Pasta with Tomato Sauce and Cheese	Jacket Potato with Cheese/ Baked Beans
Sides	Cabbage Carrots with Parsley	Cucumber Tomato, Red Onion Salad Green Beans	Sweetcorn Peas	Baked Wedges Sweetcorn Garlic Sauce	Peas Asian Slaw
Fruit	Fresh fruit and yoghurt served daily				
Sweets	Apple Crumble and Custard	Fruit Smoothie	Chocolate Concrete and Custard	Lemon Cake	Syrup Sponge with Cream





# Week Three

Week commencing 20<sup>th</sup> Sept, 11<sup>th</sup> Oct



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice 1	Beef Meatballs in Tomato & Herb Sauce with Spaghetti	Southern Style Chicken with Baked Wedges	Roast Chicken, Stuffing, Roast Potatoes and Gravy	Turkey Korma with Rice	Breaded Fish Tartare Sauce with Chips
Main Choice 2	Veggie Meatballs Tomato & Herb Sauce with Spaghetti	Quorn Chicken Nuggets and Sweet Potato Wedges	Roast Quorn, Stuffing, Roast Potatoes and Gravy	Falafel with Tzatziki Pitta Bread and Rice	Vegetable Burger with Guacamole Tomato Relish and Chips
Extra Choice	Jacket Potato with Cheese/ Tuna	Pasta with Tomato Sauce and Cheese	Jacket Potato with Cheese/ Tuna	Pasta with Tomato Sauce and Cheese	Jacket Potato with Cheese/ Tuna
Sides	Sautéed Peppers Greens	Green Beans Cauliflower	Mixed Vegetables Broccoli	Mango Chutney Broccoli	Garden Peas Sweetcorn
Fruit	Fresh fruit and yoghurt served daily				
Sweets	Sticky Date Flapjack	Fruit Jelly	Chocolate Cracknel	Banana Cake	Berry Smoothie