

7-1-19

	week1	Monday	Tuesday	Wednesday	Thursday	Friday	
	Main	Organic Pork meatballs in gravy	Sweet and sour chicken	Pasta bolognaise	Cheese pasty	Breaded salmon fish cake	
		Vegetarian Option	Swedish Quorn balls in gravy	Sweet and sour quorn	Vegetable and lentil bolognaise	Cheese pasty	Cauliflower & Broccoli Cheese
		Accompaniments	Mashed potato, diced carrots and swede	Rice and sweetcorn	broccoli	Diced potatoes and baked beans	Potato wedges and peas
		Jacket potato	Cheese and cucumber disks	Tuna mayonnaise with hot sweetcorn	Beef bolognaise and broccoli	Cheese and beans	Coleslaw and salad
		Dessert	Chocolate cake and cream	Apple crumble and custard	Ginger and butterscotch delight	Mandarin sponge cake	Fruit salad and cream
Cold box	Brown roll	Cheese and cucumber	Tuna mayonnaise with sweetcorn	Ham and tomato	Egg mayonnaise	Ham and cheese	
		Fruit, carrot sticks and chocolate fudge cake	Apple cake, Yoghurt and cherry tomatoes	Butterscotch delight, Fruit and celery sticks	Mandarin sponge, an apple, cheese stick carrot sticks	Cake, fruit and cucumber sticks	

14-1-19

	week2	Monday	Tuesday	Wednesday	Thursday	Friday
	Main	Sausage roll	Beef lasagne	Roast chicken in gravy	Chilli beef	Fish fillet squares
	Vegetarian Option	Quorn sausage roll	Vegetable and bean lasagne	Quorn fillet in gravy	Chilli quorn	Cheese and tomato tart
	Accompaniments	Diced potatoes and baked beans	Garlic bread and salad	Mashed Potato and carrots	Rice and broccoli	Potato wedges and peas
	Jacket potato	Beans and carrot sticks	Cheese, salad and garlic bread	Tuna mayonnaise with celery sticks	Chilli beef and broccoli	Cheese and coleslaw with salad
	Dessert	Lemon sponge and custard	Fruity flapjack	Fruit cookie and milk	Fresh fruit and Frozen yogurt	Banana Fudge cake
Cold box	Brown roll	Cheese and cucumber	Tuna mayonnaise with sweetcorn	Ham and tomato	Egg mayonnaise	Ham and cheese
		Cake, carrot sticks and fruit	Fruity flapjack, Cherry tomatoes and yoghurt	Yoghurt, fruit and celery sticks	Apple, cheese stick, cake and cucumber sticks	Banana cake, carrot sticks and yoghurt

21-1-19

week3		Monday	Tuesday	Wednesday	Thursday	Friday
	Main	Sausage in gravy	Creamy fruity chicken curry	Cheesy topped cottage pie	Chicken in tomato and basil sauce	Jacket Potato and Cheese
	Vegetarian Option	Quorn sausage in gravy	Fruity vegetable curry	Cheesy topped quorn cottage pie	Quorn in tomato and basil sauce	Jacket potato and cheese
	Accompaniments	Mashed potato, carrots and swede	Rice and broccoli	broccoli	Pasta and peas	Baked beans
	Jacket potato	Tuna mayonnaise with sweetcorn and cucumber	Cheese and mixed salad	Coleslaw and celery sticks	Chicken mayonnaise with carrot sticks	Cheese and beans
	Dessert	Apple and strawberry sponge with custard	Chocolate fudge cake	Date slice	Strawberry Delight	Fruit Bread
Cold box	Brown roll	Tuna mayonnaise with sweetcorn	Cheese and cucumber	Ham and tomato	Egg mayonnaise	Ham and cheese
		Cheese and biscuits, fruit and Rice salad pot	Chocolate fudge cake, fruit and carrot sticks	Date slice, celery sticks with cheese and biscuits	Strawberry delight, fruit and cucumber sticks	Rice krispie cake, Carrot sticks and fruit

28-1-19

week4	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken and vegetable pie	Roast beef and yorkshire pudding	BBQ chicken	Organic Pork meatballs in tomato sauce	Salmon fishcakes
Vegetarian Option	Quorn and vegetable pie	Cheese and courgette sausages	BBQ quorn	Swedish style quorn balls in tomato sauce	Vegiburger
Accompaniments	Mashed potato, carrots and swede	Roast potatoes and peas	Rice and sweetcorn	Pasta and broccoli	Diced potatoes and baked beans
Jacket potato	Chicken and mayonnaise and mixed salad	Cheese and coleslaw	BBQ Chicken and Hot sweetcorn	Tuna mayonnaise with Vegetable cous cous	Beans and salad
Dessert	Frozen yogurt with fresh fruit	Cookie and Milk	Ginger and pear sponge with custard	Strawberry yoghurt	Mandarin jelly and cream
Cold box	Brown roll	Tuna mayonnaise and sweetcorn	Ham and tomato	Egg mayonnaise	Ham and cheese
	Cake, carrot sticks and fruit	Cookie, fruit and cherry tomatoes	Ginger and pear Cake and Celery sticks	A yoghurt, fruit and cucumber sticks	Mandarin jelly and carrot sticks

4-2-19

	Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
	Main	Sausages	Creamy Chicken casserole	Chicken fajita wrap	French bread pizza with ham	Battered fish fillet
	Vegetarian Option	Quorn sausage	Quorn casserole	Home style baked bean wrap	French bread pizza with peppers	Cheese and broccoli quiche
	Accompaniments	Jacket potato and baked beans	Rice and Broccoli	Mixed Salad	Potato wedges and sweetcorn	Diced potato and peas
	Jacket potato	Beans and cucumber sticks	Cheese and carrot sticks	Tuna mayonnaise with corn on the cob	Coleslaw and mixed salad	Chicken mayo with rice and peppers
	Dessert	Rice pudding	Iced cherry cake	Fruit salad and yogurt	Chocolate sponge and custard	Frozen yogurt and fresh fruit
Cold box	Brown roll	Cheese and cucumber	Tuna mayonnaise and sweetcorn	Ham and tomato	Egg mayonnaise	Ham and cheese
		Fruit, cake and Vegetable sticks	Fruit, yoghurt and carrot sticks	50% fruit cake and celery sticks	Fruit, cheese and biscuits and cherry tomatoes	Cucumber sticks, yoghurt and a cherry and apricot cookie

11-2-19

	Monday	Tuesday	Wednesday	Thursday	Friday
week 6					
Main	Chicken in pomodoro sauce	Lamb and potato layer	Beefburgers in a roll	Roast Pork with Stuffing	Lincolnshire Fish Cake
Vegetarian Option	Quorn in pomodoro sauce	Quorn mince and potato layer	Chickpea burger in a roll	Cheesy Veg Pie	Vegetable Fingers
Accompaniments	Pasta and Peas	Broccoli	Diced Potatoes and salad	New Potatoes, Carrots and gravy	Diced potatoes and baked beans
Jacket potato	Beans and vegetable sticks	Coleslaw and mixed salad	Tuna mayonnaise and mixed salad	Cheese, rice and peppers	Chicken in mayonnaise with Vegetable cous cous
Dessert	Small banana and strawberry yoghurt	Iced apple cake	Lemon crunch flan and custard	Chocolate Delight	Peaches and cream
Cold box	Brown roll	Tuna mayonnaise and sweetcorn	Ham and tomato	Egg mayonnaise	Ham and cheese
	50% apple cake, yoghurt and celery sticks	Vegetable salad pot, fruit and cheese and biscuits	Yoghurt , fruit and Carrot sticks	Chocolate delight, fruit and cucumber sticks	Fruit, Carrot cake and yoghurt