



# WEEK 1

WC - 22/04, 13/05, 10/06, 01/07

## Meat Free Monday


Main Meal - Soya Mince Lasagne with Fresh Bread

Vegetarian Main Meal - Vegetarian Chow Mein with Noodles

Cooked Vegetable - Garden Peas

Dessert - Oaty Apple Crumble with Custard

## Tuesday

Main Meal - Beef Burger in a Bun with Potato Wedges 

Vegetarian Main Meal - Quorn Burger with Potato Wedges


Cooked Vegetable - Corn on the Cob

Dessert - Fresh Fruit in Jelly

## Wednesday

Main Meal - Roast Turkey with Roast Potatoes & Gravy

Vegetarian Main Meal - Soya Mince Cottage Pie

Halal Option - Halal Chicken with Roast Potatoes & Gravy 

Cooked Vegetable - Green Beans

Dessert - Organic Yoghurt

## Thursday

Main Meal - Sweet Chilli Chicken with Wholegrain Rice 

Vegetarian Main Meal - Macaroni Cheese

Cooked Vegetable - Fresh Carrots

Dessert - Shortbread Biscuit with Milkshake

## Friday

Main Meal - BBQ Chicken Pizza with Chips 

Vegetarian Main Meal - Margherita Pizza with Chips

Cooked Vegetable - Baked Beans

Dessert - Ice Cream



# WEEK 2

WC - 29/04, 20/05, 17/06, 08/07

## Meat Free Monday

Main Meal - Quorn Strip Fajita Wrap with Rice

Vegetarian Main Meal - Pasta with Roasted Sweet Pepper Sauce


Cooked Vegetable - Corn on the Cob

Dessert - Date Chocolate Brownie with Chocolate Sauce

## Tuesday

Main Meal - Pork Sausages With Mashed Potatoes & Yorkshire Puddings

Vegetarian Main Meal - Quorn Sausages with Mashed Potatoes & Yorkshire Puddings

Halal Option - Halal Chicken Sausages with Mashed Potatoes & Yorkshire Puddings 

Cooked Vegetable - Garden Peas

Dessert - Cinnamon and Apple Muffin

## Wednesday

Main Meal - Cottage Pie

Vegetarian Main Meal - Butternut Squash Curry with Wholegrain Rice

Cooked Vegetable - Fresh Broccoli

Dessert - Organic Yoghurt

## Thursday

Main Meal - Jacket Potatoes with Tuna Mayonnaise

Vegetarian Main Meal - Jacket Potatoes with Beans & Cheese

Cooked Vegetable - Fresh Carrots

Dessert - Carrot Cake

## Friday

Main Meal - Fish Fingers with Chips

Vegetarian Main Meal - Quorn Nuggets with Chips

Cooked Vegetable - Baked Beans

Dessert - Ice Cream





# WEEK 3

WC - 15/04, 06/05, 03/06, 24/06, 15/07

## Meat Free Monday


Main Meal - Macaroni Cheese

Vegetarian Main Meal - Lentil Ragu with Couscous

Cooked Vegetable - Sweetcorn

Dessert - Pineapple Upside Down Cake with Custard

## Tuesday


Main Meal - Chicken Curry with Wholegrain Rice 

Vegetarian Main Meal - Soya Mince Bolognaise

Cooked Vegetable - Garden Peas

Dessert - Chocolate Muffin

## Wednesday

Main Meal - Roast Turkey with Roast Potatoes & Gravy 

Vegetarian Main Meal - Butternut Squash Risotto

Cooked Vegetable - Carrots

Dessert - Organic Yoghurt

## Thursday


Main Meal - Beef Lasagne with Fresh Bread

Vegetarian Main Meal - Sweet and Sour Stir-Fry with Noodles

Cooked Vegetable - Green Beans

Dessert - Fruit Salad

## Friday

Main Meal - Breaded Chicken with Chips 

Vegetarian Main Meal - Halloumi Burger with Chips

Cooked Vegetable - Baked Beans

Dessert - Ice Cream

