

| WEEK 1            | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|-------------------|--|--|--|--|--|
| SOUP              | Soup of the Day  | Soup of the Day  | Soup of the Day  | Soup of the Day  | Chip Shop Friyay!                                      |
| PREP MAIN COURSE  | Pork Sausage   | Traditional Fish Pie                                   | British Beef Lasagne                                   | Roast Pork loin  | Battered Pollock                                       |
| MAIN COURSE ONE   | Pork Sausage with Roasted Onion                        | Traditional Fish pie                                   | British Beef Lasagne                                   | Roast Pork loin  | Battered Pollock                                       |
| MAIN COURSE TWO   | Quorn Sausage and root veg Casserole                   | Hoisin Chicken Noodles                                 | Roasted Vegetable Lasagne                              | Lentil Apricot and seed no Nut roast                   | Margherita Pizza Slice                                 |
| MAIN COURSE THREE | Creamy Garlic and Butter bean Chicken                  | Vegetable Cottage Pie                                  | Chicken Quesadilla with Spicy Rice                     | Chicken & Root Veg Pie                                 | Mojo Chicken Wraps                                     |
| ON THE SIDE       | Creamy Mash Potato<br>Steamed Carrots<br>Baked beans   | Whole Wheat Pasta<br>Steamed Broccoli<br>Sweetcorn     | Garlic Bread<br>Italian Slaw<br>Garden Peas            | Roasted Potatoes<br>Steamed Green Beans<br>Baked roots | Potato Chips<br>Garden Peas<br>Baked Beans             |
| HOT DESSERT       | Apple & Forest fruits Crumble                          | Iced Sponge  | Homemade Flapjack                                      | Homemade Shortbread                                    | Jam Doughnuts  |
| COLD DESSERT      | Flavoured Jellies,<br>Yoghurt Pots,<br>Fresh cut Fruit | Flavoured Jellies,<br>Yoghurt Pots,<br>Fresh cut Fruit | Flavoured Jellies,<br>Yoghurt Pots,<br>Fresh cut Fruit | Flavoured Jellies,<br>Yoghurt Pots,<br>Fresh cut Fruit | Flavoured Jellies,<br>Yoghurt Pots,<br>Fresh cut Fruit |

## WEEK 2

|                   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|-------------------|--|--|--|--|--|
| SOUP              | Soup of the Day  | Soup of the Day  | Soup of the Day  | Soup of the Day  | Chip Shop Friyay!                                      |
| PREP MAIN COURSE  | BBQ Pulled Pork  | Mac and Cheese   | Pork meatballs   | Mild chicken curry   | Battered pollock                                       |
| MAIN COURSE ONE   | BBQ Pulled Pork  | Cajun Chicken Pasta  | Conchiglie & Chicken Alfredo pasta bake                | Mild chicken curry   | Battered Pollock                                       |
| MAIN COURSE TWO   | Sweet Potato & Mixed Bean Chilli                       | Pork and oregano Bolognese   | Penne Arrabiata Pasta bake                             | Creamy Vegetable Korma   | Build your own Spicy bean Burger                       |
| MAIN COURSE THREE | Smokey Chipotle Chicken                                | Mac and Cheese   | Pork Meatballs In Tomato sauce                         | Massaman Beef Curry  | Southern Fried Chicken Burger                          |
| ON THE SIDE       | Potato Wedges<br>Steamed Broccoli<br>Roasted Carrots   | Whole Wheat Pasta<br>Garlic Bread<br>Steamed Sweetcorn<br>Roasted Courgettes | Whole Wheat Pasta<br>Steamed Kale<br>Garden Peas       | Spiced Cauliflower & Broccoli spinach<br>Steamed Green Beans<br>Naan Bread | Potato chips<br>Garden peas<br>Steamed sweetcorn       |
| HOT DESSERT       | Apple & Blackberry Crumble                             | Chocolate Sponge   | Homemade Flapjack                                      | Sprinkle Sponge  | Chocolate Brownie                                      |
| COLD DESSERT      | Flavoured Jellies,<br>Yoghurt Pots,<br>Fresh cut Fruit | Flavoured Jellies,<br>Yoghurt Pots,<br>Fresh cut Fruit                       | Flavoured Jellies,<br>Yoghurt Pots,<br>Fresh cut Fruit | Flavoured Jellies,<br>Yoghurt Pots,<br>Fresh cut Fruit                     | Flavoured Jellies,<br>Yoghurt Pots,<br>Fresh cut Fruit |

## WEEK 3

|                   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|-------------------|--|--|--|--|--|
| SOUP              | Soup of the Day                                  | Soup of the Day                                  | Soup of the Day                                  | Soup of the Day                                  | Chip Shop Friyay!                                |
| PREP MAIN COURSE  | Beef Bolognese                                   | Creamy Tomato Chicken Pasta bake                 | Paprika Chicken Drumsticks                       | BBQ Chicken Wrap                                 | Jumbo Pork Sausage                               |
| MAIN COURSE ONE   | Beef Bolognese                                   | Creamy Tomato Chicken Pasta Bake                 | Piri Piri Chicken                                | Beef Chilli                                      | Battered Pollock                                 |
| MAIN COURSE TWO   | Creamy Squash, Leek & courgette pasta            | Sweet and sour Pork Noodles                      | Sweet Potato Stuffed with Feta                   | Lentil and Sweet Potato Curry                    | Loaded Potato skins                              |
| MAIN COURSE THREE | Chicken & Bacon Pasta Bake                       | Mushroom & Butter bean Ragu                      | Southern style Pork and Beans Dirty Fries        | BBQ Chicken Wrap                                 | Jumbo Pork Sausage                               |
| ON THE SIDE       | Mixed Veg Spaghetti Garlic bread                 | Roasted Broccoli & Toasted seeds Steamed Carrots | French Fries Cajun Sweetcorn Classic Coleslaw    | Steamed Rice Green Beans Lemon & Chilli Peas     | Potato Chips Garden Peas Baked Beans             |
| HOT DESSERT       | Apple & Pear Crumble                             | Marble Cake                                      | Homemade Flapjack                                | Fruit Sponge                                     | Classic Doughnuts                                |
| COLD DESSERT      | Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit | Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit | Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit | Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit | Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit |