

M E N U

Week 1

Desserts containing sugar are
only available for year 1 only

MONDAY

TERIYAKI CHICKEN OR QUORN NOODLES

prawn crackers
Sweetcorn
Broccoli

BAKED POTATO

Baked beans or
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Selection of yoghurts
& mousses
Fresh cut fruits

TUESDAY

SAVOURY BEEF OR TUSCAN VEGETABLE & LENTIL RAGU

Crispy diced potatoes
Fresh peas
Cauliflower

BAKED POTATO

Baked beans or
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Selection of yoghurts
& mousses
Fresh cut fruits

WEDNESDAY

ROAST BREAST OF CHICKEN OR SQUASH CARROT & SPLIT PEA CRUMBLE

Yorkshire pudding
Roast potatoes
Sliced carrots
Green beans Gravy

BAKED POTATO

Baked beans or
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Selection of yoghurts
& mousses
Fresh cut fruits

THURSDAY

BBQ CHICKEN OR BROCCOLI & CHEDDAR BAKE

50/50 rice
Garlic bread
Roasted courgettes
Sweetcorn

BAKED POTATO

Baked beans or
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Selection of yoghurts
& mousses
Fresh cut fruits

FRIDAY

BREADED FISH FINGERS OR FISHLESS FINGERS

Fries
Baked beans
Mushy peas

BAKED POTATO

Baked beans or
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

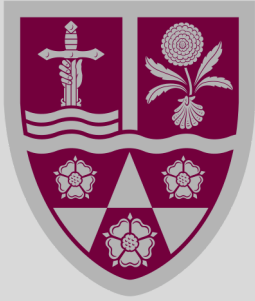
SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Selection of yoghurts
& mousses
Fresh cut fruits

Table nutrition in containers on each sitting - baton carrots, baton cucumber, sweetcorn
Please ask for - extra grated cheese, boiled eggs, salads



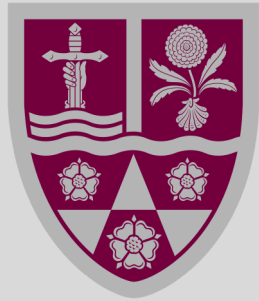
M E N U

Week 2

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAMB OR QUORN & LENTIL SHEPHERDS PIE Sweet potato mash Sliced carrot & garden peas Gravy	CHICKEN OR BLACK BEAN & ROAST PEPPER FAJITAS Sauteed peppers & onions Sweetcorn Herby diced potatoes	ROAST PORK LOIN OR QUORN ROAST Yorkshire pudding Roast potatoes Broccoli Sliced carrots Gravy	CLASSIC BEEF OR MEDITERRANEAN VEGETABLE LASAGNE Garlic bread Green beans Garden peas	BREADED FISH FINGERS OR FISHLESS FINGERS Fries Baked beans Mushy peas
BAKED POTATO Baked beans or Cheddar cheese	BAKED POTATO Baked beans or Cheddar cheese	BAKED POTATO Baked beans or Cheddar cheese	BAKED POTATO Baked beans or Cheddar cheese	BAKED POTATO Baked beans or Cheddar cheese
FRESH PASTA Tomato sauce & cheese	FRESH PASTA Tomato sauce & cheese	FRESH PASTA Tomato sauce & cheese	FRESH PASTA Tomato sauce & cheese	FRESH PASTA Tomato sauce & cheese
SANDWICHES 50% whole grain Tuna mayo,ham or cheddar	SANDWICHES 50% whole grain Tuna mayo,ham or cheddar	SANDWICHES 50% whole grain Tuna mayo,ham or cheddar	SANDWICHES 50% whole grain Tuna mayo,ham or cheddar	SANDWICHES 50% whole grain Tuna mayo,ham or cheddar
Dessert Selection of yoghurts & mousses Fresh cut fruits	Dessert Selection of yoghurts & mousses Fresh cut fruits	Dessert Selection of yoghurts & mousses Fresh cut fruits	Dessert Selection of yoghurts & mousses Fresh cut fruits	Dessert Selection of yoghurts & mousses Fresh cut fruits

Table nutrition in containers on each sitting - baton carrots, baton cucumber, sweetcorn
Please ask for - extra grated cheese, boiled eggs, salads



M E N U

Week 3

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MONDAY

**BAKED BEEF OR VEGE
MEATBALLS TOMATO SAUCE**

50/50 pasta
Sliced carrots
Cauliflower

BAKED POTATO
Baked beans or
Cheddar cheese

FRESH PASTA
Tomato sauce & cheese

SANDWICHES
50% whole grain
Tuna mayo, ham or cheddar

Dessert
Selection of yoghurts
& mousses
Fresh cut fruits

TUESDAY

**SALMON FISHCAKES OR
MUSHROOM STROGANOFF**

Garden peas
Sweetcorn
New potatoes

BAKED POTATO
Baked beans or
Cheddar cheese

FRESH PASTA
Tomato sauce & cheese

SANDWICHES
50% whole grain
Tuna mayo, ham or cheddar

Dessert
Selection of yoghurts
& mousses
Fresh cut fruits

WEDNESDAY

**GLAZED GAMMON OR QUORN
SAUSAGES**

Yorkshire pudding
Roast potatoes
Broccoli
Green beans Gravy

BAKED POTATO
Baked beans or
Cheddar cheese

FRESH PASTA
Tomato sauce & cheese

SANDWICHES
50% whole grain
Tuna mayo, ham or cheddar

Dessert
Selection of yoghurts
& mousses
Fresh cut fruits

THURSDAY

**KATSU CHICKEN OR
VEGETABLE CURRY**

Mini naan
50/50 rice
Mixed veggies

BAKED POTATO
Baked beans or
Cheddar cheese

FRESH PASTA
Tomato sauce & cheese

SANDWICHES
50% whole grain
Tuna mayo, ham or cheddar

Dessert
Selection of yoghurts
& mousses
Fresh cut fruits

FRIDAY

**BREADED FISH FINGERS OR
FISHLESS FINGERS**

Fries
Baked beans
Mushy peas

BAKED POTATO
Baked beans or
Cheddar cheese

FRESH PASTA
Tomato sauce & cheese

SANDWICHES
50% whole grain
Tuna mayo, ham or cheddar

Dessert
Selection of yoghurts
& mousses
Fresh cut fruits

Table nutrition in containers on each sitting - baton carrots, baton cucumber, sweetcorn
Please ask for - extra grated cheese, boiled eggs, salads