

WEEK 1

Monday

Chicken Tikka with Rice and Naan Bread
Oriental Vegetables with Quorn and Noodles
Ring Donut or Fruit Salad

Tuesday

Spaghetti Bolognese
Sweet Potato and Lentil Curry
Ice Cream with Fruit or Fruit Salad

Wednesday

Roast Beef, Yorkshire Pudding and Horseradish Sauce
Roasted Vegetable Filled Yorkshire Pudding
Apple Crumble and Custard

Thursday

BBQ Pulled Pork, Wedges and Sweetcorn
Quorn Meatballs with Pasta
Fresh Fruit Salad or Yoghurt

Friday

Battered Fish and Chips
Pizza Margarita
Selection of Cakes or Fruit Salad

WEEK 2

Monday

Cooks Choice Pasta
Vegetable Bake with Quorn Sausages
Gingerbread Men

Tuesday

Greek Style Beef and Potato Moussaka
Halloumi Kebabs with Cous Cous
Banana Cake

Wednesday

Roast Pork, Stuffing and Apple Sauce
Mixed Bean Quesadilla
Eve's Pudding with Custard

Thursday

Lasagne with French Bread and Salad
Sweet Potato with Mozzarella and Spinach
Fruit Muffin

Friday

Breaded Fish and Chips
Falafel Filled Pitta
Friday Pancakes

WEEK 3

Monday

Chicken Korma with Rice and Naan Bread
Italian Casserole with Cannellini Beans
Healthy Chocolate Brownie

Tuesday

Beef and Onion Pie with Suet Crust
Mexican Lasagne with Nachos
Carrot Cake Muffin

Wednesday

Roast Ham and Trimmings
Cheese and Tomato Stuffed Courgettes
Apple Crumble & Custard

Thursday

Chicken Fajitas with Rice
Vegetable Burger, Potato Wedges and Salad
Cherry Pie Bars

Friday

Battered Fish & Chips
Pizza Pomodoro
Cake Selection

WEEK 4

Monday

Sausage, Mash and Beans
Vegetarian Sausage, Mash and Beans
Fruit Salad

Tuesday

Macaroni Cheese with French Bread
Vegetarian Mexican Chilli and Rice
Spiced Apple Crumble with Cream

Wednesday

Traditional Roast Chicken with Stuffing
Vegetarian Roast
Seasonal Fruit Sponge and Custard

Thursday

Lasagne with Salad and French Bread
Vegetarian Lasagne
Fruit Mousse

Friday

Breaded Salmon and Chips
Spanish Frittata
Chocolate Chip Cookies