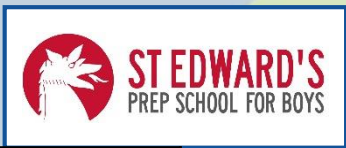
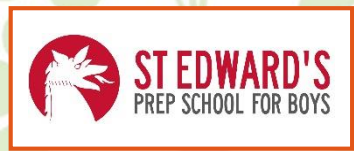


# Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	"Meat free Monday" Spring veggie casserole with little herb dumplings	Sweet & sour pork with prawn crackers	"Mac & Cheese " with pesto garlic bread	Roast chicken thighs with gravy	Crispy jumbo fish fingers with lemon wedge
Vegetarian	Goat's cheese and barley risotto with tomato pesto	Vegan shepherd's pie with sweet potato top	Bean & vegetable ragu with pasta	Quorn & vegetable stuffed pancake bake	Spinach & feta sausage roll
On The Side	Broccoli trees Carrots slices Mini new potatoes	Spring greens & peas Plain boiled rice	Mixed vegetable sticks Garden salad	Savoy cabbage & swede Roast potatoes	French fries garden peas & corn
Dessert	Apple crumble with custard sauce	Golden syrup sponge with whipped cream	Seeded flapjack	Rice pudding with raspberries	Fruit cookie
Everyday	Fresh cut fruit yoghurt	Fresh cut fruit yoghurt	Fresh cut fruit yoghurt	Fresh cut fruit yoghurt	Fresh fruit yoghurt

# Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<p>"Meat free Monday" Sweet potato vegetable chilli</p>	Turkey meatballs in fresh tomato sauce	Classic lasagne with garlic ciabatta	Roast gammon with parsley sauce	Seafood pie topped with herby mash
Vegetarian	<p>Grated cheese Nachos Sour cream</p> <p>Bean burger with Sweet potato fries</p>	Roasted vegetable quiche with green salad	Spinach, cauliflower & mozzarella baked jacket half's	Wholemeal vegetable pitta bread pizza	Vegetable risotto with toasted seeds & basil oil
On The Side	<p>Green beans</p> <p>Plain boiled rice</p>	<p>Sweetcorn</p> <p>Crispy new potatoes</p>	<p>Mixed vegetable rocket salad with dressing</p> <p>Carrot sticks</p>	<p>Broccoli sprouting</p> <p>Roasted potatoes</p>	<p>Garden peas</p> <p>Baked sweet potato wedges</p>
Dessert	<p>"Half measures" Beetroot brownie</p>	Jam sponge with cream	Apple pie & custard	Cinnamon iced pinwheels	Rocky road
Everyday	<p>Fresh cut fruit</p> <p>yoghurt</p>	<p>Fresh cut fruit</p> <p>yoghurt</p>	<p>Fresh cut fruit</p> <p>yoghurt</p>	<p>Fresh cut fruit</p> <p>yoghurt</p>	<p>Fresh cut fruit</p> <p>yoghurt</p>

## Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<p>“Meat free Monday“</p> <p>50/50 pasta with fresh tomato &amp; basil sauce &amp; Kale pesto</p>	Mild chicken curry with poppadum’s	Traditional spaghetti bolognaise	Roast turkey with gravy, stuffing & cranberry sauce	Breaded fish fillet with tartare sauce & lemon
Vegetarian	BBQ Chickpea Wraps with Ranch Dressing	Spinach & bean curry with mango chutney	Quorn & bean bolognaise with tri-colour pasta	Feta & beetroot Frittata with mixed herbs	Cheese & mushroom stuffed pancakes
On The Side	Focaccia bread, sweetcorn & green beans	Steamed rice, cauliflower aloo & cumin carrots	Steamed carrots Garden peas	Broccoli & parsnips Herby roast potatoes	Chips baked beans
Dessert	Lemon drizzle cake with fruit compote	Pear & chocolate crumble with custard	Honey & mashed banana biscuits	White chocolate & raspberry cheesecake	Pancakes with pineapple salsa raspberry coulis
Everyday	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt