

Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal One	<p>"Meat free Monday"</p> <p>Chunky vegetable & puy lentil ragu with basil</p> <p>Creamy mushroom, cheddar & leek</p> <p>Penne pasta & garlic bread</p>	Rustic shepherds pie with lamb, vegetables, served with gravy	<p>"Make it mine Wednesday"</p> <p>The top dog! Finger roll with pork or quorn sausage topped with YOUR choice of:</p> <p>Sticky onions</p> <p>Mild beef chilli</p> <p>BBQ beans</p>	Roast turkey with cranberry sauce	<p><u>Burger bar</u></p> <p>Beef burger or quorn burger with your choice of topping</p>
Main Meal Two		Onion jam, spinach & goats cheese puff tart		Spring onion potato cake with cheese and caramelised onion topping	
On the Side	Steamed peas & carrots	Cauliflower and green beans	Skin on wedges, garden salad, sweetcorn	Roast potatoes, broccoli & crushed swede	Chips, baked beans and corn on the cob
Dessert	Chocolate sponge	Fresh cut fruit & jelly pots	Rice pudding with jam sauce	Fresh cut fruit & jelly pots	Shortbread
Everyday	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal One	<p>"Meat free Monday"</p> <p>Fajitas with quorn, peppers & onions, salsa & sour cream</p>	<p>Slow braised beef & vegetables with puff pastry lid</p>	<p>"Make it mine Wednesday"</p> <p>Vegetables & egg noodles with chicken or tofu, then YOUR choice of...</p>	<p>Honey roasted glazed gammon with a house gravy</p>	<p><u>Pizza Bar</u></p> <p>Choose your pizza</p> <p>Pepperoni</p> <p>Margarita</p> <p>Tuna & Cheese</p>
Main Meal Two	<p>Tomato & mozzarella baked quesadilla</p>	<p>Cauliflower & broccoli with parmesan crumble topping</p>	<p>Sweet & sour sauce</p> <p>Sweet chilli sauce</p>	<p>Pea & mixed bean falafel with minted yoghurt</p>	
On the Side	<p>Steamed rice, spring greens & leeks, baked squash</p>	<p>Mashed potatoes, savoy cabbage, mini corn on the cob</p>	<p>Stir fry greens, carrots</p>	<p>Roast potatoes, broccoli & baked roots</p>	<p>Baked potato wedges, crushed peas, sweetcorn</p>
Dessert	<p>Semolina cake</p>	<p>Fresh cut fruit & jelly pots</p>	<p>Eton Mess</p>	<p>Fresh cut fruit & jelly pots</p>	<p>Cookie</p>
Everyday	<p>Fresh cut fruit & yoghurt</p>		<p>Fresh cut fruit & yoghurt</p>		<p>Fresh cut fruit & yoghurt</p>

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal One	<p>“Meat free Monday”</p> <p>Quorn mince lasagne with cheddar & mozzarella</p>	Cottage pie with beef and vegetables	<p>“Make it mine Wednesday”</p> <p>Steamed vegetable rice, topped with YOUR choice of...</p>	Roast pork with apple sauce and roast potatoes gravy	<p>“Sustainable Friday”</p> <p>Battered white fish with herby yoghurt & lemon wedges</p>
Main Meal Two	<p>Baked sweet potatoes with crushed peas & tomato relish</p>	Cauliflower macaroni with beetroot humus crust	<p>Creamy chicken & bacon</p> <p>Tomato, chick pea & oregano</p>	Gnocchi with tomato, butter beans & red peppers	<p>Quorn fingers</p>
On the Side	New potatoes, green beans & baked roots	Broccoli , crushed carrots	Spring greens & baked sticky beets	Honey roast parsnips & steamed corn	Chips, garden peas & baked beans
Dessert	Carrot cake with frosting	Fresh cut fruit platter & jelly pots	Apple & sultana oaty crumble with custard	Fresh cut fruit platter & jelly pots	<p>VEGAN - chocolate cupcakes with chocolate frosting</p>
Everyday	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt