## WEEK 3 W/C: 13/11, 04/12, 25/12, 15/01, 05/02, 26/02, 18/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY							
HOT MAINS	Chilli No Carne with Crispy Tortilla • * * A tasty vegetarian mince and vegetable chilli served with a crispy tortilla and wholegrain rice	Pork Sausages Pork sausages served with mashed potato and tasty gravy	Roast Pork Succulent roast pork served with fluffy roasties and tasty gravy	Chicken and Vegetable Korma * * A mild and tasty chicken and vegetable curry served with wholegrain rice	Breaded Fish Fingers Crispy fish fingers and scrummy chips							
	Cheese and Tomato Pizza Cheesy tomato topped pizza slice served with potato wedges	Cheesy Cauliflower Pasta Bake • * A yummy pasta bake served with a garlic and herb bread wedge	Sweet Potato and Chickpea Roast • * A chunky sweet potato and chickpea roast served with fluffy roasties and tasty gravy	Vegetarian Cottage Pie @ # A classic vegetarian cottage pie with veg and gravy	Crispy Quorn Nuggets Crispy Quorn nuggets and scrummy chips							
JACKET Potato	Jacket Potato ♥ ♥ with a choice of fillings	Jacket Potato ♥ ♥ with a choice of fillings	Jacket Potato ♥ ♥ with a choice of fillings	Jacket Potato ♥ ♥ with a choice of fillings	Jacket Potato ♥ with a choice of fillings							
All main meals are served with two vegetables												
DESSERT	Oatie Cookie with Fruit õ	Strawberry Jelly	Orange Shortbread with Fruit ॅ	Vanilla Sponge with Custard	Strawberry Frozen Yoghurt							



## WEEK 1

W/C: 30/10, 20/11, 11/12, 01/01, 22/01, 12/02, 04/03, 25/03

## WEEK 2

W/C: 06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03

Cheese and mato Pizza * Cheesy tomato	Cottage Pie r	Chicken, Vegetable and					
opped pizza slice served with potato wedges	Cottage Pie <b>*</b> A classic cottage pie with veg and gravy	Mash Pie → A tasty chicken and vegetable pie topped with creamy mashed potato and served with tasty gravy	Beef Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread	Breaded Fish Fingers Crispy fish fingers and scrummy chips	HOT MAINS	Cheese and Tomato Pizza • * Cheesy tomato topped pizza slice served with potato wedges	Turkey Con Chilli & & A yummy chii using healthy turkey mince served with wholegrain rice
Stir Fried /egetable Rice	Vegetarian Burger ● A Quorn burger in a bun with tomato ketchup served with potato wedges	Vegetable Pastry Roll O Tasty vegetables wrapped in puff pastry served with fluffy roasties and tasty gravy	Chinese Vegetable and Egg Fried Rice Image Weight W	Crispy Quorn Nuggets O Crispy Quorn nuggets and scrummy chips		Sweet Potato Curry 🛛 🐲 💝 A mild and tasty vegetarian curry served with wholegrain rice	Macaroni Cheese ● Cheesy macaroni pasta
acket Potato ⊗ ♥ with a choice of fillings	Jacket Potato with a choice of fillings, including Salmon Mayonnaise »	Jacket Potato & with a choice of fillings	Jacket Potato & with a choice of fillings	Jacket Potato ≫ ♥ with a choice of fillings	JACKET POTATO	Jacket Potato & with a choice of fillings	Jacket Potato with a choice of fillings
	All main meals ar	e served with two v	egetables				All main mec
Oatie Cookie	Crispy Crackle Bar with Fruit 👌	Original Flapjack	Carrot, Orange and Sultana Slice ð	Vanilla Ice Cream	DESSERT	Apple Crumble with Custard 👌	Original Flapjack
							AVAIL Milk, water, fresh fruit.
	Stir Fried Yegetable Rice Stir Fried Comments of the spiced Autom, soya and egetable stir fried rice Autom of the spiced with a choice of fillings	Stir Fried Vegetarian   Vegetable Rice Image: Ima	Stir Fried Vegetarian   Vegetable Rice With tasty gravy   A Quorn burger I Tasty vegetables   A Quorn burger I Tasty vegetables   A Quorn burger II Tasty vegetables   A Quorn burger III Tasty vegetables   With potato With gravy   Acket Potato III IIII   All main meals are served with two vegetables	Stir Fried Vegetable Rice • • • • Vegetarian Burger • Vegetable Pastry Roll • Tasty vegetables wrapped in puff pastry served with fuffy roasties and tasty gravy Chinese Vegetable and Egg Fried Rice • • • • • • • •   A Quom burger in a bun with tomato ketchup served with potato wedges Vegetable Pastry Roll • Tasty vegetables wrapped in puff pastry served with fuffy roasties and tasty gravy Chinese Vegetable of solates • • • • • • • • • •   Acket Potato • • • with a choice of fillings Jacket Potato • • • with a choice of fillings including Salmon Mayonnaise •> Jacket Potato • • with a choice of fillings   All main meals are served with two setables Carrot, Orange and Sultana	Stir Fried (egetable Rice • *** chinese spiced words and degetable stir fried Vegetarian Burger • A Quom burger in a bun with tomato wedges Vegetable Pastry Roll • Tasty vegetables maped in puff pastry served with fluffy roasties and tasty gravy Chinese Vegetable and Egg Fried Rice • ** A soya bean and vegetable chinese spiced rice dish Crispy Quorn Nuggets • Crispy Quorn nuggets and scrummy chips   acket Potato * with a choice of fillings Jacket Potato * • with a choice of fillings Salmon Mayonnaise * Jacket Potato * • with a choice of fillings Jacket Potato * • with a choice of fillings Jacket Potato * • with a choice of fillings Jacket Potato * with a choice of fillings Jacket Potato * • with a choice of fillings   All main meals are served with two vegetables Carrot, Orange and Sultana Vanilla Icc Creace	Vegetable Rice Burger •   • • • • • A Quom burger in a bun with tomato ketchup served with fuffy roasties and tasty gravy Vegetable and Egg Fried Rice • • • Crispy Quom nuggets •   acket Potato • <	Vegetable Rice Image: Comparison of the served with tomato rice Pastry Roll of Tasty vegetables wapped in puff astry served with furthy roating served with furthy roating served with furthy roating wedges Vegetable and Egg Fried Rice of the served with furthy roating served with at sty gravy Jacket Potato of the served with furthy roating served with furthy roating served with furthy roating served with at choice of fillings, including Solmon Mayonnaise it Jacket Potato of other served with a choice of fillings Jacket Potato of other served with two segrables Jacket Potato of other served with a choice of fillings Jacket Potato of other served with a choice of fillings Jacket Potato of other served with a choice of fillings Jacket Potato of other served with a choice of fillings Jacket Potato of other served with a choice of fillings Jacket Potato of other served with a choice of fillings Jacket Potato of other served with a choice of fillings Jacket Potato of fillings Jacket Potato of fillings Image served with a choice of fillings Jacket Potato of other served with a choice of fillings Image served with a

WEDNESDAY THURSDAY FRIDAY Sausage Pasta lon Bake 🐲 3 **Breaded Fish** Pork sausages Roast Beef **Fingers** hilli Succulent roast and pasta in a tasty tomato Crispy fish lthy beef served with fluffy roasties and fingers and sauce sprinkled ce tasty gravy ith with cheese and scrummy chips served with garlic rice and herb bread Cheesy Leek and Carrot Roasted Cauliflower, Crumble 🛛 😽 **Crispy Quorn** ni **Sweet Potato** Tasty vegetables Nuggets 📀 and Chickpea V with a cheesy Masala 🛛 😻 💖 Crispy Quorn crumble topping A tikka spiced nuggets and served with fluffy vegetable curry scrummy chips roasties and tasty served with gravy wholegrain rice Jacket Potato 🥪 Jacket Potato 🥪 Jacket Potato 🥪 ato 🥪 with a choice of with a choice of V with a choice of ce of fillings fillings fillings eals are served with two vegetables Orange Strawberry Ice al Carrot Cake 🐞 Shortbread Cream k

## **ILABLE EVERY DAY** er, salad, freshly baked bread &

Yoghurt avaliable Tuesday & Thursday



nolegrain 🍈 Fruity! 💖 Nutritionist's Choice