

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Classic Beef Bolognese	Smoky Chicken	Roast Chicken With Stuffing, Yorkshire Pudding	Beef Rogan Josh	Battered Fish
VEGETARIAN MEAL	Roasted Pepper & Quorn Moussaka	Smoky Oomph	Macaroni Cheese	Cauliflower & Lentil Dahl	Vegan Fish Finger Bap
CARBS	Pasta	Savoury Rice	Roast Potatoes	50/50 Rice, Poppadum's	Chips & Beans
VEGETABLES	Broccoli	Sweetcorn	Seasonal Vegetables	Saag Aloo	Peas, Garden Salad
DESSERT	Fruity Flapjack	American Style Pancakes	Lemon Sponge Custard	Chocolate Brownie	Raspberry & White Chocolate Cookie
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Sausage & Gravy	Chilli Con Carne Nachos, Sour Cream, Salsa	Sriracha Chicken Kebab	Chicken Korma	Battered Fish
VEGETARIAN MEAL	Vegan Sausage & Gravy	Mix Bean Chili Nachos, Sour Cream, Salsa	Vegan Oumph Burrito	Vegetable Balti	Vegan Fish Finger Bap
CARBS	Mash Potato	Rice	Flatbread	50/50 Rice, Poppadum's	Chips & Beans
VEGETABLES	Carrots, Peas, Garden Salad	Sweetcorn	Garden Salad	Indian Cucumber, Onion Salad	Peas, Garden Salad
DESSERT	Blueberry Muffin	Chocolate Crispy	Jam Sponge	White Chocolate Crispy	Chocolate Chip Shortbread
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Piri Piri Chicken Kebab	Fernando's Chicken In A Bun With Coleslaw	Roast Turkey Stuffing, Yorkshire Pudding, Gravy	Chicken Korma	Battered Fish
VEGETARIAN MEAL	Vegan Korean Noodles	Cajun Grilled Halloumi Slider With Coleslaw	Mature Cheddar & Broccoli Tart	Vegetable Balti	Pizza Wrap
CARBS	Flatbread	Wedges	Roast Potatoes	50/50 Rice, Poppadum's	Chips & Beans
VEGETABLES	Sweetcorn, Peas & Garden Salad	BBQ Beans, Greens N Grains	Roasted Roots Veg With Cabbage	Indian Cucumber, Onion Salad	Peas, Garden Salad
DESSERT	Apple & Pear Crumble Custard	Waffles Fruit Compote	Chocolate Brownie	Raspberry & White Chocolate Muffin	Chocolate Chip Cookie