



## Week 1

	<b>Meat free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
<b>Lunch</b>	Macaroni Cheese with peas	Spaghetti bolognaise	Roasted gammon with vegetables, potatoes and gravy	Peri peri chicken with rice	Tuna pasta bake with sweetcorn and garlic bread
<b>Vegetarian alternative</b>	As above	Veggie bolognaise	Roast Quorn with vegetables, potatoes and gravy	Peri peri Quorn with rice	Vegetarian pasta bake with sweetcorn and garlic bread
<b>Pudding</b>	Selection of fresh fruit	Jam and coconut cake	Fruit Yogurt	Fruit crumble and custard	Mixed fruit and ice cream
<b>Afternoon Tea</b>	Loaded Wedges with coleslaw	Selection of wraps with vegetable sticks	Soup and bread	Cheese and onion rolls with beans	Crackers with cheese, ham, and vegetable sticks
<b>Vegetarian alternative</b>	As above	As above	Vegetarian soup and bread	As above	Crackers with cheese, Quorn meat and vegetable sticks
<b>Pudding</b>	Banana bread	Ice cream on a cone	Fruit medley	Jelly	Caramel cookies



## Week 2

	<b>Meat free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
<b>Lunch</b>	Vegetable curry with rice	Lasagne and sweet corn	Fish pie with mixed vegetables	Moroccan beef with cous cous	Carbonara with broccoli
<b>Vegetarian alternative</b>	As above	Vegetable lasagne and sweet corn	Quorn pie with mixed vegetables	Moroccan Quorn with cous cous	Vegetable carbonara with broccoli
<b>Pudding</b>	Fruit bowl	Yogurt	Fruit and ice cream	Baked apples in cinnamon with custard	Selection of fruit
<b>Afternoon Tea</b>	Cheese and spinach pinwheel	Fishcakes, cucumber sticks and hummus.	Selection of sandwiches with vegetable sticks	Tortellini in tomato sauce	Sweet potato burger with coleslaw
<b>Vegetarian alternative</b>	As above	Veggie cakes, cucumber sticks and hummus.	Vegetarian selection of sandwiches with vegetable sticks	As above	As above
<b>Pudding</b>	Bananas and custard	Gypsy Tart	Lemon cheesecake	Fresh fruit	Raisin Flapjacks



### Week 3

	<b>Meat free Monday</b>	<b>Tuesday</b>	<b>Wednesday Around the world lunch</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
<b>Lunch</b>	Mediterranean vegetable pasta bake with garlic bread	Chicken and coconut curry with rice		Savoury meat pie with mash and cabbage	Fish fingers, wedges and mushy peas
<b>Vegetarian alternative</b>	As above	Quorn pieces and coconut curry with rice		Savoury Quorn pie with mash and cabbage	Veggie fingers, wedges and peas
<b>Pudding</b>	Baked apples and custard	Fruit jelly	Fruit Yogurt	Fruit medley	Rice pudding with jam
<b>Afternoon Tea</b>	Loaded wedges with cucumber sticks	Beans on toast	Pizza wraps and vegetable sticks	Tomato and tuna pasta	Selection of sandwiches with vegetable sticks
<b>Vegetarian alternative</b>	As above	Quorn sausages with baked beans and toast	Cheese pizza wraps and vegetable sticks	Tomato and vegetable pasta	Cheese/ Quorn meat sandwiches with vegetable sticks
<b>Pudding</b>	Banoffee pie	Apple and sultana whirl	Peach melba Eton mess	Lemon drizzle cake	Short bread biscuits



## Week 4

	<b>Meat free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
<b>Lunch</b>	Vegetarian shepherd's pie	Mexican chilli and rice	Chicken casserole with vegetables	Tuna pasta bake with sweetcorn	Meatballs in tomato sauce and cous cous
<b>Vegetarian alternative</b>	As above	Quorn chilli and rice	Quorn fillet casserole with vegetables	Vegetarian pasta bake with sweetcorn	Veggie meatballs in tomato sauce and cous cous
<b>Pudding</b>	Fruit platter	Syrup sponge and custard	Spiced apples and ice cream	Yogurt	Fruit medley
<b>Afternoon Tea</b>	Mediterranean vegetable cous cous	Cheese and tomato bruschetta with vegetable sticks	Vegetable Paella	Selection of sandwiches with cucumber sticks	Soup and bread
<b>Vegetarian alternative</b>	As above	As above	As above	Cheese/Quorn meat sandwiches with cucumber sticks	As above
<b>Pudding</b>	Banana and chocolate cake	Selection of Fruit	Crispy cakes	Melba cake	Oat and raisin cookies