

# Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Break	Fruit and an oatmeal & raisin cookie	Fruit and a plain bagel	Fruit and flapjack	Fruit and a croissant	Fruit and cheese & crackers
Soup	Potato & leek	Tomato & herb	Autumn vegetable	Butternut & sweet potato	Carrot & coriander
Main course	Beef Bolognese	Cajun chicken strips or sticky teriyaki salmon bites	Pork sausages with sticky onion jam or gravy	Roasted lemon and herb chicken served with a Yorkshire pudding	Breaded fish fingers with tomato ketchup and a lemon wedge
Vegetarian course	Quorn Bolognese	Vegetable burger	Vegetarian sausages	Cheese & onion tartlet	Falafel and pepper skewers with a sweet chilli mayonnaise and pita bread
On the Side	Spaghetti Garlic bread slices Green beans and sweet corn Mixed Salad bowl	Tortilla wrap Rice Baton carrots and butternut squash Mixed salad bowl	Mashed potatoes Savoy cabbage and baton carrots Mixed salad bowl	Roasted mini potatoes Broccoli florets and cauliflower Mixed salad bowl	Baked potato wedges Baked beans and steamed peas Mixed side salad
Jacket potato option	Jacket potato with grated cheddar and baked beans	Jacket Potato with tuna mayonnaise	Jacket Potato with creamy mushrooms	Jacket potato with cheese	Jacket with creamy leeks and cheese
Dessert	Jelly Yoghurt Fruit pots	Yoghurt Fruit pots	Chocolate chip cookie Yoghurt Fruit pots	Cranberry & white chocolate granola bar Yoghurt Fruit pots	Yoghurt Fruit pots

## Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Break	Fruit and a short bread biscuit	Fruit and a pain au raisin	Fruit and cheese & crackers	Fruit and cinnamon & fruited bread	Fruit and a croissant
Soup	Potato & leek	Sweet potato	Tomato & chive	Minestrone	Lentil
Main course	Mild beef and bean chilli	Mild chicken Arrabiata	Turkey sweet and sour	Roast chicken, Yorkshire pudding, stuffing and gravy	Breaded fish fingers or haddock and spring onion fishcakes
Vegetarian course	Lentil and bean chilli	Pasta with a tomato or cheese sauce	Quorn and vegetable sweet and sour	Vegetarian sausages, Yorkshire pudding, stuffing and gravy	Roasted vegetable and mozzarella wraps
On the Side	Steamed rice and tortilla chips Sweet corn and sweet potato Mixed side salad	Garlic bread Green beans and courgettes with lemon and parsley Mixed side salad	Egg noodles or steamed rice Peas and mildly spice cauliflower Mixed side salad	Roasted new potatoes Carrots and broccoli Mixed side salad	Oven chips Garden peas or baked beans Mixed side salad
Jacket potato option	Jacket potato with cheese and beans	Jacket potato with a mild chilli	Jacket potato with tuna mayonnaise	Jacket potato with creamy mushrooms	Jacket potato with cheese and bean
Dessert	Chocolate sponge Yoghurt Fruit pots	Yoghurt Fruit pots	Oaty flapjack Yoghurt Fruit pots	Yoghurt Fruit pots	Banana loaf Yoghurt Fruit pots

# Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Break	Fruit and flapjack	Fruit and a croissant	Fruit and an oat biscuit	Fruit and cheese & crackers	Fruit and a wholemeal biscuit
Soup	Leek & potato	Tomato & red onion	Roasted sweet potato & carrot	Broccoli cheese	Root vegetable & herb
Main course	Mild chicken curry	Beef lasagne	Cheese & tomato pizza	Gammon with a honey glaze	Breaded white fish with a tartar sauce
Vegetarian course	Vegetable curry	Roasted vegetable lasagne	Pasta with a tomato sauce	Roasted pepper, courgette and feta cheese frittata	Breaded Quorn fillet
On the Side	Steamed rice Sweet corn and sugar snaps Mixed side salad	Garlic bread Pan fried courgettes and peas Mixed side salad	Jacket wedges Green beans and sweet corn Mixed side salad	Roasted new potatoes Broccoli florets and baton carrots Mixed side salad	Oven chips Garden peas and baked beans Mixed side salad
Jacket potato option	Jacket potato with grated cheddar and beans	Jacket potato with tuna mayonnaise	Jacket potato with a mild chilli	Jacket potato with grated cheddar and baked beans	Jacket potato with creamy leeks
Dessert	Vanilla shortbread Yoghurt Fruit pots	Jelly Yoghurt Fruit pots	Mini blueberry muffin Yoghurt Fruit pots	Yoghurt Fruit pots	Carrot cake Yoghurt Fruit pots