











WEEK 1	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Macaroni cheese	 Traditional cottage pie	Roast beef, with Yorkshire pudding, roast potatoes & gravy	 Pork meatballs with wholemeal pasta	Fish fingers or salmon fingers with chunky chips
Vegetarian Main dish	 Sweet & sour Quorn™ with 50/50 rice	 Meat free sausage ragu with wholemeal pasta 	 Quorn™ fillet with roast potatoes & gravy	 Vegetarian korma with 50/50 rice	Cheese & bean bake with chunky chips
Accompaniments	Peas & broccoli Salad bar	Roasted vegetables Salad bar	Carrots & cauliflower Salad bar	Green beans & sweetcorn Salad bar	Peas & baked beans Salad bar
Desserts	Lemon biscuit	Chocolate sponge	 Apple & oat cookie	Marble sponge & custard	 Summer berries with whip
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection

