

All meals in bold are homemade

Each colour represents the band colour your child should choose for the meal that day.

WEEK ONE

2nd November 23rd November 14th December
 4th January 25th January 15th February
 7th March 28th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day 1	Beef Burger in a Bun with Pasta Salad	Beef Stew & Dumplings with Mashed Potato	Roast Chicken with Parsley Potatoes, Stuffing & Gravy	Meat & Potato Pie	Fish Fingers with Chips and Tomato Ketchup
Dish of the Day 2	Quorn Burger (v) in a Bun with Pasta Salad	Chickpea & Lentil Stew (v) with Wholegrain Rice	Quorn Roast (v) with Parsley Potatoes, Stuffing & Gravy	Vegetable Bolognese (v)	Cheese Omelette (v) with Chips and Tomato Ketchup
Oven Baked Jacket Potato	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna
Sandwich Option	Turkey Sandwich	Ham Sandwich	Hot Roast Bap with Parsley Potatoes & Gravy	Ham	Tuna Mayonnaise
Sandwich Option	Egg and Cress (v) Sandwich	Cheese (v) Sandwich	Cheese (v)	Egg and Tomato (v)	Cheese Savoury (v)
Vegetables	Sweetcorn and Peas	Carrots and Broccoli	Roast Carrots and Parsnips and Cabbage	Mushy Peas and Cauliflower	Baked Beans and Peas
Desserts	Frozen Yoghurt with Shortbread Finger	Peach & Butterscotch Pudding with Custard	Syrup Sponge with Custard	Flapjack with Custard	Apple Sponge with Custard
	Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts

WEEK TWO

9th November 30th November 21st December
 11th January 1st February 22nd February
 14th March

Monday	Tuesday	Wednesday	Thursday	Friday
Margarita Pizza (v) with Jacket Wedges	Chicken Curry with Wholegrain Rice	Roast Pork with Mashed Potatoes, Stuffing & Gravy	Lasagne with Tomato Bread	Fishcake with Chips and Tomato Ketchup
Tarka Dahl with Wholegrain Rice	Chickpea Tikka Masala with Wholegrain Rice	Quorn Roast (v) with Mashed Potato, Stuffing & Gravy	Macaroni Cheese (v) with Tomato Bread	Bean Bake (v) with Chips and Tomato Ketchup
Jacket Potato with Cheese (v), Baked Beans (v) or Coleslaw (v)	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna
Egg and Cress (v) Sandwich	Ham Sandwich	Hot Roast Bap with Roast Potatoes & Gravy	Ham Sandwich	Tuna Mayonnaise Sandwich
	Cheese (v) Sandwich	Cheese (v) Sandwich	Egg and Tomato (v) Sandwich	Cheese Savoury (v) Sandwich
Baked Beans and Peas	Broccoli and Carrots	Carrot and Swede and Peas	Green Beans and Cauliflower	Baked Beans and Sweetcorn
Apple Wedges with Shortbread	Fruit with Ice Cream	Marble Cake with Custard	Hobnob Cookie with Custard	Apple Cobbler with Custard
Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts

WEEK THREE

16th November 7th December 28th December
 18th January 8th February 29th February
 21st March

Monday	Tuesday	Wednesday	Thursday	Friday
Margarita Pizza (v) with Half Jacket Potato	Sausage with Mashed Potato and Gravy	Bacon Loin with Roast Potatoes, Stuffing & Gravy	Jamaican Chicken Casserole with Wholegrain Rice	Fish and Chips with Tomato Ketchup
Chickpea and Vegetable Curry (v) with Wholegrain Rice	Salmon Fishcake with Mashed Potato	Quorn Roast (v) with Roast Potatoes, Stuffing & Gravy	Sweet and Sour Vegetables with Noodles (v)	Cheese Flan (v) with Chips and Tomato Ketchup
Jacket Potato with Cheese (v), Baked Beans (v) or Coleslaw (v)	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna	Jacket Potato with Cheese (v), Baked Beans (v) or Tuna
Egg and Cress (v) Sandwich	Ham Sandwich	Hot Roast Bap with Roast Potatoes & Gravy	Ham Sandwich	Tuna Mayonnaise Sandwich
	Cheese (v) Sandwich	Cheese (v) Sandwich	Egg and Tomato (v) Sandwich	Cheese Savoury (v) Sandwich
Red Coleslaw and Sweetcorn	Baked Beans and Sweetcorn	Broccoli and Carrots	Mixed Vegetables and Peas	Baked Beans and Mushy Peas
Ginger Shortbread with Custard	Peach Melba Squares	Jam Shortbread with Custard	Pineapple Upside Down with Custard	Chocolate Brownie with Custard
Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts	Fresh Fruit/ Yoghurts

A SELECTION OF BREAD AND DRINKING WATER WILL BE AVAILABLE DAILY

WE USE SEASONAL VEGETABLES TO ENSURE THE BEST QUALITY PRODUCE

