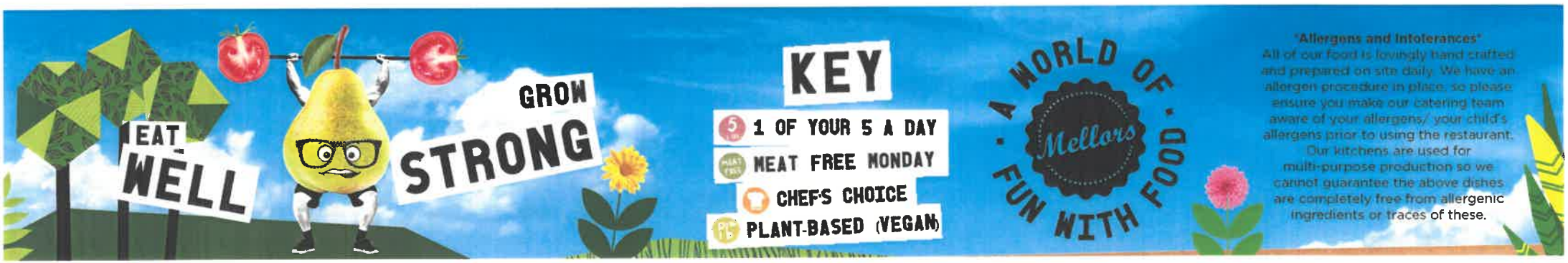
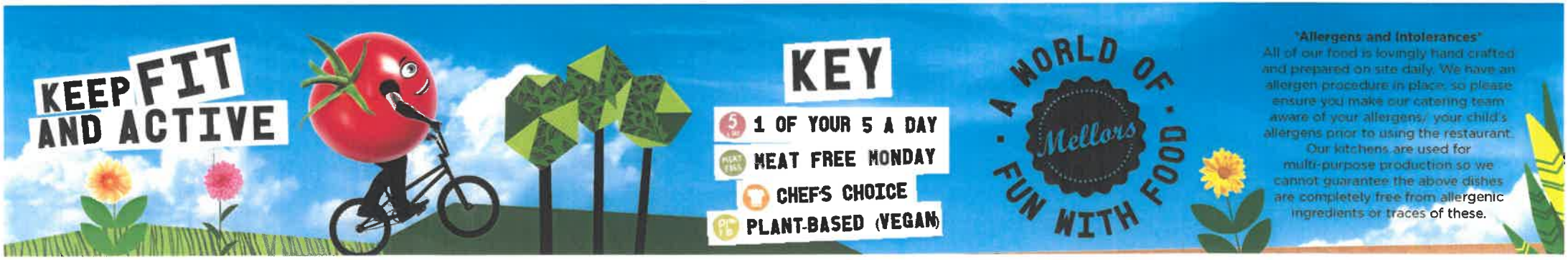
WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Sausage ragu with penne pasta	Chicken korma with rice and naan bread	Meat pie with mashed potato and gravy	Sausage roll with wedges	Hotdog with chips
Vegetarian Main dish	Quorn shepherd's pie	Macaroni and cheese	Quorn fillet with mashed potato and gravy	Cheese and onion roll with wedges	Fish fingers and chips
Accompaniments	Broccoli/beans	Peas\sweetcorn	Carrots\peas	Beans\sweetcorn	Peas/beans
Desserts	Chocolate chip shortbread	Flapjack	Ice cream	Iced sponge cake	Vanilla muffin
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



WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Pizza of the day with wedges	Lasagna with garlic bread	Roast chicken with mashed potatoes, stuffing and gravy	Lancashire hot pot	Beef burger in a bun with chips
Vegetarian Main dish	Quorn nuggets	Quorn korma with rice and naan	Quorn sausage with mashed potatoes and gravy	Quiche with diced potatoes	Fish fillet with chips
Accompaniments	Peas and sweetcorn\beans	Broccoli\beans	Carrots and peas\beans	Peas\beans	Mushy peas\beans
Desserts	cookie	Carrot cake	Fruit crumble and custard	Chocolate crunch	Strawberry jelly
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



WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Cheese and tomato panini with wedges	Chicken tikka curry with rice and naan bread	Roast beef with mash, Yorkshire pudding and gravy	All day breakfast	Chicken burger with chips
Vegetarian Main dish	Bbq bean and cheese wrap with wedges	Quiche with diced potatoes	Quorn roast with mashed potatoes and gravy	Vegetable stir fry	Fish fillet and chips
Accompaniments	Sweetcorn and peas	Beans/broccoli	Carrots and green beans	Beans\corn	Mushy peas\beans
Desserts	Rice pudding with fruit or jam	Lemon drizzle cake	Marble sponge and custard	Oaty biscuit	Iced sponge cake
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

