



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1					
Vegetarian 1 (V)	Margharita Pizza	Quorn & Vegetable stirFry with Noodles	Macaroni Cheese	Vegetable Sausage with Potato Wedges	Cheese & Tomato Penne Pasta
Meat	BBQ Chicken Pizza	Beef Keema Curry with Rice	Chicken & Tomato Pasta Bake	BBQ Pork with Potato Wedges	Beef Pasta Bolognese
Fish					
Vegetables	Sweetcorn & Baked Beans	Peas & Cauliflower	Carrots & Green Beans	Peas & Baked Beans	Carrots & Mixed Vegetables
Dessert - Alt	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)
WEEK 2					
Vegetarian 1 (V)	Margharita Pizza	Vegetable & Bean Bolognese with Spaghetti	Macaroni Cheese	Roast Vegetable Cous Cous	Honey & Ginger Soya Strips with Noodles
Meat	Spicy Beef Pizza	Beef Bolognese with Spaghetti	BBQ Chicken with Rice	Singapore Chicken Noodles	BBQ Chicken Pasta Bake
Fish					
Vegetables	Sweetcorn & Coleslaw	Side Salad & Peas	Broccoli & Baked Beans	Sweetcorn & Green Beans	Carrots & Peas
Dessert - Alt	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)
WEEK 3					
Vegetarian 1 (V)	Margharita Pizza	Butternut, Butterbean & Vegetable Curry with Rice	Tarka Dhal with Rice	Quorn Korma with Rice	Macaroni Cheese
Meat	BBQ Chicken Pizza	Chicken Korma & Rice	Beef Pasta Bolognese	Penne Pasta Carbonara	Sweet & Sour Chicken with Rice
Fish					
Vegetables	Baked Beans & Peas	Mixed Vegetables & Cauliflower	Carrots & Green Beans	Peas & Side Salad	Sweetcorn & Broccoli
Dessert - Alt	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)	Fresh Fruit (VE) or Yoghurt (V)