

Week 1	Choice	Main	Side
Monday	1	Chicken Breast with Cous Cous Salad	Mixed Salad
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Biscuits with Cheese Spread, Fruit or Yoghurt	
Tuesday	1	Cheese & Onion Quiche & Homemade Potato Wedges	Beans or Mixed Salad
	2	Tomato & Basil Soup with Ham Sandwich	
	3	Tomato & Basil Soup with Egg Mayo Sandwich	
	Dessert	Carrot Cake, Fruit or Yoghurt	
Wednesday	1	Quorn Stir-fry with Noodles	Mixed Salad
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Raspberry Puree & Fromage Frais, Fruit or Yoghurt	
Thursday	1	Hot Dog with Homemade Chips and Tomato Sauce (sausage & onions in a finger roll)	Carrot, Celery, Cucumber Batons
	2	Butternut Squash & Sweet Potato Soup with Cheese Sandwich	
	3	Butternut Squash & Sweet Potato Soup with Chicken Sandwich	
	Dessert	Apple Crumble with Greek Yoghurt, Fruit or Yoghurt	
Friday	1	Vegetarian Lasagne & Garlic Bread	Mixed Salad
	2	Jacket Potato with Cheese/Beans/Prawn Mayo	
	Dessert	Fruit Smoothies, Fruit or Yoghurt	

Week 2	Choice	Main	Side
Monday	1	Cold Tuna & Mayo Pasta with Sweetcorn	Mixed Salad
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Fruit Salad, Fruit or Yoghurt	
Tuesday	1	Cheese & Tomato Pizza with Homemade Tomato Sauce	Mixed Salad
	2	Chicken Noodle Soup with Chicken Sandwich	
	3	Chicken Noodle Soup with Cheese Sandwich	
	Dessert	Chocolate & Beetroot Cake with Greek Yoghurt, Fruit or Yoghurt	
Wednesday	1	Beef Stirfry with Noodles & Vegetables	Carrot & Cucumber Batons
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	White Chocolate Chip Cookies, Fruit or Yoghurt	
Thursday	1	Cheese or Cheese & Ham Omelette	New Potatoes, Mixed Salad
	2	Leek & Potato Soup with Egg Sandwich	
	3	Leek & Potato Soup with Ham Sandwich	
	Dessert	Strawberry Ice Cream, Fruit or Yoghurt	
Friday	1	Salmon Quiche and Homemade Chips	Mixed Salad, Coleslaw
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Blueberry & Raspberry Crumble with Greek Yoghurt, Fruit or Yoghurt	

Week 3	Choice	Main	Side
Monday	1	Tomato & Basil Pasta	Cucumber, Carrot & Celery Batons
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Pineapple Upside Down Cake with Cream, Fruit or Yoghurt	
Tuesday	1	Fajitas with Chicken & Peppers	Mixed Salad
	2	Three Bean Soup with Chicken Sandwich	
	3	Three Bean Soup with Cheese Sandwich	
	Dessert	Mint & Chocolate Chip Ice Cream, Fruit or Yoghurt	
Wednesday	1	Jollof Rice with Lamb	Mixed Salad, Coleslaw
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Berry Brownies, Fruit or Yoghurt	
Thursday	1	Vegetable Lasagne & Garlic Bread	Mixed Salad
	2	Cream of Asparagus Soup with Egg Mayo Sandwich	
	3	Cream of Asparagus Soup with Ham Sandwich	
	Dessert	Rice Pudding with Sultanas, Fruit or Yoghurt	
Friday	1	Coley Fish Fingers with Homemade Chips	Cucumber, Carrot & Celery Batons
	2	Jacket Potato with Cheese/Beans/Tuna Mayo/Prawn Mayo	
	Dessert	Orange & Chocolate Cookies, Fruit or Yoghurt	

Week 4	Choice	Main	Side
Monday	1	Chicken Breast with New Potatoes	Mixed Salad
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Cheese & Crackers, Fruit or Yoghurt	
Tuesday	1	Vegetarian Bolognese with Wholemeal Spaghetti & Garlic Bread	Mixed Salad
	2	Carrot & Coriander Soup with Cheese Sandwich	
	3	Carrot & Coriander Soup with Ham Sandwich	
	Dessert	Homemade Vanilla Ice Cream, Fruit or Yoghurt	
Wednesday	1	Beef & Vegetable Enchilada	Salsa, Mixed Salad
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Rhubarb Crumble with Greek Yoghurt, Fruit or Yoghurt	
Thursday	1	Quiche Lorraine (bacon, cheese, onion)	Mixed Salad
	2	Leek & Potato Soup with Egg Sandwich	
	3	Leek & Potato Soup with Tuna Mayo Sandwich	
	Dessert	Chocolate Brownies, Fruit & Yoghurt	
Friday	1	Battered White Fish & Tartare Sauce with Homemade Chips	Garden Peas, Mixed Salad
	2	Jacket Potato with Cheese/Beans/Tuna Mayo/Prawn Mayo	
	Dessert	Fruit Smoothies, Fruit or Yoghurt	

Week 5	Choice	Main	Side
Monday	1	Pizza with Tomatoes, Peppers and Mozzarella	Cucumber, Carrot & Celery Batons
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Fresh Fruit Platter, Fruit or Yoghurt	
Tuesday	1	Lamb Kebabs in Pitta Bread with Yoghurt Sauce	Mixed Salad
	2	Tomato & Basil Soup with Chicken Sandwich	
	3	Tomato & Basil Soup with Cheese Sandwich	
	Dessert	Eve's Pudding, Fruit or Yoghurt	
Wednesday	1	Chicken & Vegetable Enchilada with Salsa	Cucumber, Carrot & Celery Batons
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Chocolate Chip Ice Cream, Fruit or Yoghurt	
Thursday	1	Homemade Beef Burger & Tomato Sauce with Chips	Mixed Salad
	2	Sweet Potato Soup with Beef Sandwich	
	3	Sweet Potato Soup with Egg Sandwich	
	Dessert	Bakewell Tart, Fruit or Yoghurt	
Friday	1	Vegetable Quiche & Homemade Chips (peppers,onions,tomatoes,cheese)	Mixed Salad
	2	Jacket Potato with Cheese/Beans/Tuna Mayo/Prawn Mayo	
	Dessert	Cheese & Crackers, Fruit or Yoghurt	

Week 6	Choice	Main	Side
Monday	1	Beef Meatballs in Tomato Sauce with Wholemeal Spaghetti	Mixed Salad
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Oat & Raisin Flapjacks, Fruit or Yoghurt	
Tuesday	1	Vegetarian Lasagne & Garlic Bread (quorn mince, aubergines, potatoes, peppers, tomato based sauce, bechamel sauce topping)	Cucumber, Carrot & Celery Batons
	2	Spring Vegetable Soup with Tuna Mayo Sandwich	
	3	Spring Vegetable Soup with Chicken Sandwich	
	Dessert	Chocolate Chip Cookies, Fruit or Yoghurt	
Wednesday	1	Chicken Stirfry with noodles (chicken breast, peppers, onion, carrot)	Mixed Salad
	2	Jacket Potato with Cheese/Beans/Tuna Mayo	
	Dessert	Fresh Fruit Salad & Cream, Fruit or Yoghurt	
Thursday	1	Lamb Chops, Minted New Potatoes with Coleslaw	Mixed Salad
	2	Minestrone Soup with Cheese Sandwich	
	3	Minestrone Soup with Ham Sandwich	
	Dessert	Homemade Raspberry Ripple Ice Cream, Fruit or Yoghurt	
Friday	1	Monk Fish Goujons, Wedges, Homemade Tomato Sauce, Tartare/Sauce	Garden Peas
	2	Jacket Potato with Cheese/Beans/Tuna Mayo/Prawn Mayo	Mixed Salad
	Dessert	Chocolate Cracknell, Fruit or Yoghurt	