

WEEK 1

4 Sep
25 Sep
16 Oct
13 Nov
4 Dec
1 Jan
22 Jan

Monday

Roasted vegetable
pizza
OR
Cheese and tomato pizza

Carrots • Sweetcorn

Orange shortbread

Tuesday

Lasagne
OR
Jacket potato with
various fillings

Broccoli • Cauliflower

Eves pudding
and custard

Wednesday

Roast chicken with
Yorkshire pudding
OR
Vegetarian mince and
vegetable pie

Roast or creamed potatoes •
Carrots • Cabbage

Fruity chocolate
cracknel

Thursday

Turkey meatballs in
tomato sauce or gravy
OR
Vegetarian meatballs in a
tomato sauce or gravy

Rice or noodles
Sweetcorn • Broccoli

Banana loaf

Friday

Oven baked
breaded fish fillet
OR
Cheese and onion
pinwheels

Chips or pasta •
Peas • Baked beans

Iced fruit smoothie

WEEK 2

11 Sep
2 Oct
30 Oct
20 Nov
11 Dec
8 Jan
29 Jan

Monday

Mixed pepper pizza
OR
Cheese and tomato pizza

Peas • Carrots

Raspberry sponge
and custard

Tuesday

Minced beef and
vegetable pie with
creamed potatoes
OR
Macaroni cheese

Sweetcorn • Green beans

Peasants pudding

Wednesday

Roast turkey
OR
Roast Quorn fillet

Roast or parsley potatoes •
Carrots • Broccoli

Strawberry jelly
with mandarins

Thursday

Local butcher's
beefburger in a roll
OR
Vegetarian burger in a roll

Corn on the cob •
Carrot batons

Waffle with fruit salad
and chocolate sauce

Friday

Oven baked
fish fingers
OR
Omelette

Chips or pasta •
Peas • Baked beans

Ice cream roll
with fruit

WEEK 3

18 Sep
9 Oct
6 Nov
27 Nov
18 Dec
15 Jan
5 Feb

Monday

Sweetcorn and
mushroom pizza
OR
Cheese and tomato pizza

Sweetcorn • Peas

Oat cookie

Tuesday

Tuna pasta bake
OR
Jacket potato with
various fillings

Carrots • Broccoli

Sticky toffee pudding
with custard

Wednesday

Roast beef with
Yorkshire pudding
OR
Vegetarian toad-in-the-hole

Roast or new potatoes
Parsnips • Cauliflower

Fruit cheesecake

Thursday

Chicken Teriyaki
with creamed potatoes
OR
Oriental Quorn
with noodles

Broccoli • Sweetcorn

Fruit crumble
with custard

Friday

Oven baked breaded
fish cakes
OR
Quiche

Chips or pasta •
Peas • Baked beans

Ice cream
with fruit