

# WEEK 1 MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2023/2024

Dish 1	<b>Cheese &amp; Tomato Pizza</b> Cheese and Tomato Deep base Pizza	<b>Sausages</b> Pork & beef cocktail sausages in gravy served with mashed potatoes	<b>Roast Chicken</b> with Roast Potatoes and Gravy	<b>Beef Pasta Bolognese</b> Traditional Beef Bolognese with Fusilli Pasta	<b>Fish Fingers</b> Breaded fish fingers, Chips, Beans or Salad
Dish 2	<b>Chickpea and Vegetable Tikka Masala and Rice</b> Mild Tikka Masala served with Wholegrain Rice 	<b>Macaroni Cheese</b> Macaroni Pasta in a Cheese Sauce	<b>Cheese &amp; Vegetable Bake</b> Vegetable bake served with Roast Potatoes	<b>Vegetarian Meatless Balls</b> Served in a Tomato Sauce with Wholegrain 	<b>Vegetarian Burger</b> Served with Chips, Beans or Salad
Jacket Potato	<b>Jacket Potato with Cheese</b>	<b>Jacket Potato With Vegetarian Bolognese</b> 	<b>Jacket Potato with Salmon Mayonnaise &amp; Salad</b>	<b>Jacket Potato with Baked Beans</b> 	<b>Jacket Potato with Cheese</b>
Allergy Meal	<b>SD CHICKEN CURRY WITH RICE</b>	<b>SD CHICKEN AND SWEETCORN PASTA</b>	<b>SD VEGETABLE PIE WITH POTATO TOP</b>	<b>SD CHEESE AND TOMATO PASTA</b>	<b>SD GF FISH AND CHIPS &amp; SD HERBY CHICKEN AND POTATOES</b>
Vegetables	<b>Golden Sweetcorn or Salad</b>	<b>Rainbow Vegetables or Salad</b>	<b>Carrots and Cabbage</b>	<b>Garden Peas or Salad</b>	<b>Baked Beans or Salad</b>
Desserts	<b>Smooth Fruit Yoghurt</b>	<b>Cranberry &amp; Orange Shortbread</b>	<b>Jammy Jack</b>	<b>Pineapple Upside down cake</b>	<b>Fruity Friday</b>

Bread, Milk, Salad, Water & Fruit available every day.  
Ketchup served on Friday

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

# WEEK 2 MENU






















## MONDAY

## TUESDAY

## WEDNESDAY



## THURSDAY

## FRIDAY

Dish 1	<b>Cheese &amp; Tomato Pizza</b> Cheese and Tomato Deep base Pizza 	<b>Chinese Chicken &amp; Egg Rice</b>   Mild spicy egg rice and chicken	<b>Roast Ham with Roast Potatoes and Gravy</b> Roast Ham with Roast Potatoes and Gravy	<b>Beef Burger in a Bun</b> Traditional beef burger with ketchup and diced potatoes.	<b>Fish Fingers</b> Breaded fish fingers, Chips, Beans or Salad
Dish 2	<b>Cauliflower Macaroni Cheese</b>   Cauliflower and Macaroni in a Cheese Sauce	<b>Cheese &amp; Tomato Pasta</b>  Tomato sauce with cheese and wholewheat Pasta	<b>Vegetarian Sausage</b>   Quorn sausage served with Roast Potatoes and Gravy	<b>Vegetarian Pasta Bolognese</b>   Vegetarian mince Bolognese served with Wholewheat pasta	<b>Vegetarian Dippers</b>  Crispy Quorn Dippers served with Chips, beans or Salad
Jacket Potato	<b>Jacket Potato</b>  With Baked Beans	<b>Jacket Potato</b>  With Cheese	<b>Jacket Potato</b> With Tuna Mayo & Salad	<b>Jacket Potato</b>  With Baked Beans	<b>Jacket Potato</b>   With vegetarian bolognese
Allergy Meal	<b>SD TOMATO AND LENTIL PASTA</b> 	<b>SD CHICKEN 'FRIED' RICE</b>	<b>SD HERBY CHICKEN AND POTATOES</b>	<b>SD MINCED BEEF AND POTATOES</b>	<b>SD GF FISH AND CHIPS &amp; SD HERBY CHICKEN AND POTATOES</b>
Vegetables	<b>Garden Peas or Salad</b>	<b>Green Beans or Salad</b>	<b>Carrots and Cabbage</b>	<b>Rainbow Vegetables or Salad</b>	<b>Baked Beans or Salad</b>
	<b>Banana Marble Sponge</b> 	<b>Smooth Fruit Yoghurt</b>	<b>Apricot Shortbread</b>	<b>Jammy Jack</b>	<b>Fruity Friday</b> 

2023/2024

Bread, Milk, Salad, Water & Fruit available every day.  
Ketchup served on Friday

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice

# WEEK 3 MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2023/2024

Dish 1	<b>Cheese &amp; Tomato Pizza</b> Cheese and Tomato Deep base Pizza	<b>Sausages</b> Pork & beef cocktail sausages in gravy served with mashed potatoes	<b>Roast Chicken</b> with Roast Potatoes and Gravy	<b>Chicken Tikka Masala and Rice</b> Mild Tikka Masala served with Wholegrain Rice	<b>Fish Fingers</b> Breaded fish fingers, Chips, Beans or Salad
Dish 2	<b>Beany Chilli &amp; Rice</b> Mixed Bean Mild Chilli served with Wholegrain Rice	<b>Chinese Vegetable &amp; Egg Rice</b> Stir Fried Vegetables with Wholegrain Rice and Egg	<b>Vegetarian Sausage</b> Quorn sausage served with Roast Potatoes and Gravy	<b>Macaroni Cheese</b> Macaroni Pasta in a Cheese Sauce	<b>Vegetarian Meatless Balls</b> Served in a Tomato Sauce with Chips
Jacket Potato	<b>Jacket Potato</b> With Baked Beans	<b>Jacket Potato</b> With Tuna Mayo	<b>Jacket Potato</b> With Cheese & Salad	<b>Jacket Potato</b> With vegetarian bolognese	<b>Jacket Potato</b> With Cheese
Allergy Meal	<b>SD BEEF CHILLI AND RICE</b>	<b>SD Vegetable Paella</b>	<b>SD MINCED BEEF AND POTATOES</b>	<b>SD GF MACARONI CHEESE</b>	<b>SD GF FISH AND CHIPS &amp; SD HERBY CHICKEN AND POTATOES</b>
Vegetables	<b>Rainbow Vegetables or Salad</b>	<b>Garden Peas or Salad</b>	<b>Carrots and Cabbage</b>	<b>Green Beans or Salad</b>	<b>Baked Beans or Salad</b>
Desserts	<b>Pineapple Upside down cake</b>	<b>Smooth Fruit Yoghurt</b>	<b>Cranberry &amp; Orange Shortbread</b>	<b>Mandarin &amp; Lemon drizzle slice</b>	<b>Fruity Friday</b>

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Ketchup served on Friday

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