

WEEK 1

2 Nov
23 Nov
14 Dec
4 Jan
25 Jan
22 Feb
15 Mar

Monday

Pasta Carbonara
OR
Cheese and Tomato Pizza
with New Potatoes
Sweetcorn • Peas
Orange Sponge
with Mandarins

Tuesday

Oven Baked Salmon
Fishcake with Homemade
Jacket Wedges
OR
Macaroni Cheese
Carrots and Peas • Broccoli
Fruit Crumble
with Custard

Wednesday

Roast Turkey with Gravy
OR
Roast Quorn Fillet with Gravy
Roast or New Potatoes •
Savoy Cabbage • Cauliflower
Fruit Salad with Waffle
and Chocolate Sauce

Thursday

Homemade Lasagne
with Garlic Bread
OR
Spanish Omelette
with New Potatoes
Baton Carrots • Broccoli
Fruit Shortbread

Friday

Oven Baked Sausages
OR
Vegan Sausage Roll
Chips or Pasta •
Baked Beans • Sweetcorn
Ice Cream with
Fresh Fruit

WEEK 2

9 Nov
30 Nov
11 Jan
1 Feb
1 Mar
22 Mar

Monday

Chicken and Sweetcorn
Pizza
OR
Cheese and Tomato Pizza
New Potatoes •
Broccoli • Sweetcorn
Banana Flapjack

Tuesday

Chilli Con Carne with Rice
OR
Jacket Potato with
Various Fillings
Carrots • Green Beans
Sticky Toffee Pudding
with Custard

Wednesday

Roast Gammon with
Yorkshire Pudding
OR
Roast Quorn Fillet with
Yorkshire Pudding
Roast or New Potatoes •
Savoy Cabbage •
Baton Carrots
Strawberry Jelly
with Peaches

Thursday

Turkey Meatballs
with Gravy
OR
Butternut Squash Balls
with Gravy
Mashed Potatoes •
Broccoli • Cauliflower
Carrot Cake with
Lemon Icing

Friday

Oven Baked Breaded
Fish Fillet
OR
Quorn Fishless Fingers
Chips or Pasta •
Baked Beans • Peas
Iced Fruit Smoothie
with Fruit Segments

WEEK 3

16 Nov
7 Dec
18 Jan
8 Feb
8 Mar
29 Mar

Monday

Crunchy Chicken Breast
OR
Cheese and Tomato Pizza
New Potatoes •
Sweetcorn • Broccoli
Apricot and Oat Cookie

Tuesday

Spaghetti Bolognese
OR
Sweet Potato and Quorn
Curry with Rice
Carrots • Green Beans
Rhubarb and Custard
Sponge

Wednesday

Roast Beef with
Yorkshire Pudding
OR
Autumn Vegetable Bake
Roast or New Potatoes •
Roast Parsnips •
Savoy Cabbage
Orange Jelly
with Fruit

Thursday

Chicken Casserole
OR
Oven Baked Vegetarian
Sausages
Mashed Potatoes •
Carrots • Broccoli
Chocolate Brownie
with Fruit Salad

Friday

Oven Baked Breaded
Fish Fingers
OR
Crispy Quorn Dippers
Chips or Pasta •
Peas • Baked Beans
Strawberry and Vanilla
Mousse