



Week 1

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOMEMADE SOUP	Freshly made soup with croutons & seeds				
CRUDITES	Cherry tomatoes	Baton Carrots	Cucumber	Red peppers	Radishes
MAIN COURSE	Beef bolognaise with fusilli pasta	Roasted turkey with gravy & Yorkshire puddings	Pork sausages with onion gravy	Pizza day	Baked fish fingers Or Bread crumbed fish of the day
VEGETARIAN	Vegetable & lentil lasagne	Spring root tart	Quorn sausages with onion gravy	Pizza day	Courgette & carrot potato fritter
ON THE SIDE	Garlic bread Steamed green beans with roasted red pepper & red onion	Roasted potatoes Steamed broccoli Carrots and swede mash	Mashed potato Peas Cauliflower cheese	Wedges Coleslaw Corn on the cob	Chips Baked beans Mushy peas or garden peas
JACKET & PASTA	Jacket potato with baked beans & grated cheddar cheese	Pasta with tomato sauce	Jacket potato with baked beans & grated cheddar cheese Pasta with tomato sauce	Pasta with tomato sauce	Jacket potato with baked beans & grated cheddar cheese
DESSERT	Rice crispy cake Yoghurt & fruit	Yoghurt, jelly & fruit	Toffee apple crumble with crunchy oat topping & custard Yoghurt, jelly & fruit	Yoghurt, jelly & fruit	Iced vanilla sponge Yoghurt, Jelly & fruit



Week 2

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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HOMEMADE SOUP	Freshly made soup with croutons & seeds				
CRUDITES	Cherry tomatoes	Baton carrots	Cucumber	Red peppers	Radishes
MAIN COURSE	Mexican beef chili quesadilla	Honey roasted pork loin with homemade apple sauce & stuffing	Chicken stir fry	Slowly braised beef & spring vegetable Casserole with cheddar cheese dumpling	Battered Haddock or baked fish with a sweet tomato basil sauce
VEGETARIAN	Vegetarian burrito	Mushroom wellington	Sweet and sour tofu balls	Root vegetable and pearl barely casserole	Cauliflower cheese with parmesan topping
ON THE SIDE	Tomato salsa Sour cream Tortilla chips Mexican vegetable rice	Roasted potatoes Baton carrots Broccoli florets	Noodles Prawn crackers Chinese cabbage	Roasted squash Broccoli	Chunky chips Garden peas baked beans
JACKET & PASTA	Pasta with tomato sauce	Jacket Potato with baked beans & grated cheddar cheese	Pasta with tomato sauce	Jacket Potato with baked beans & grated cheddar cheese	Pasta with tomato sauce
DESSERT	Oaty flapjack, yoghurt and fruit	Fruit yoghurt, jelly & fruit	Banana & chocolate cake yoghurt, jelly & fruit	Yoghurt, jelly & fruit	Smartie cookies or jelly & fruit



Week 3

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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HOMEMADE SOUP	Freshly made soup with croutons & seeds				
CRUDITES	Cherry tomatoes	Baton Carrots	Cucumber	Red peppers	Radishes
MAIN COURSE	Beef Sausage, Onion Gravy	Roast Glazed Gammon	Southern fried Lingfield chicken	Pork meatballs in tomato sauce	Breaded baked Cod or Poached cod with a creamy spinach sauce
VEGETARIAN	Gnocchi in tomato sauce	Glamorgan sausage with onion jam	Roasted vegetable & spinach lasagne	Veggie meatballs with a tomato and herb sauce	Baked Pepper, butternut squash, cheddar and feta wraps
ON THE SIDE	Crushed new potatoes steamed garden peas	Roasted potatoes Steamed broccoli Roasted chunky carrots	Garlic bread Steamed mixed vegetable	Baked wholegrain rice Sugar snap	Skinny Fries Baked beans Garden peas or mushy peas
JACKET & PASTA	Jacket potato with baked beans & grated cheddar cheese	Pasta with tomato sauce	Jacket potato with baked beans & grated cheddar cheese Pasta with tomato sauce	Pasta with tomato sauce	Jacket potato with baked beans & grated cheddar cheese
DESSERT	Vanilla sponge or Yoghurt, fruit & jelly	Yoghurt, jelly & fruit	Blueberry muffin Yoghurt, fruit & Jelly	Apple cake & custard Yoghurt, jelly & fruit	Brookie Yoghurt, fruit & jelly