



MONDAY

MAIN MEAL	Baked Sausages (G,SU) with Crushed Potatoes & Gravy
VEGGIE MEAL	3 Veg Macaroni Cheese (G,MK)
SIDES	Baked Beans & Peas
DESSERT	Chocolate & Sweet Potato Brownie (G,E)

TUESDAY

MAIN MEAL	Beef & Bean Chilli with Steamed Rice
VEGGIE MEAL	Vegan Bean Chilli (SO) with Steamed Rice
SIDES	Sweetcorn & Broccoli
DESSERT	Courgette & Oat Cookie (G)

WEDNESDAY

MAIN MEAL	Roast Chicken with Gravy
VEGGIE MEAL	Vegan Squash, Sweet Potato & Bean Hot Pot
SIDES	Roast Potatoes, Seasonal Greens & Carrots
DESSERT	Vanilla Ice Cream (MK)

THURSDAY

MAIN MEAL	Beef & Vegetable Ragu with Penne Pasta (G)
VEGGIE MEAL	Mushroom & Cannellini Bean Stroganoff (G,MK) with Penne Pasta (G)
SIDES	Cauliflower & Roasted Carrots
DESSERT	Apple & Parsnip Sponge (G,E)

FRIDAY

MAIN MEAL	Breaded Fish (G,F) with Chips & Ketchup
VEGGIE MEAL	Vegan Vegetable Fingers, Chips & Ketchup
SIDES	Baked Beans & Peas
DESSERT	Fruit Jelly

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 1: 6TH JAN, 27TH JAN, 17TH FEB, 10TH MAR, 31ST MAR, 21ST APR, 12TH MAY, 2ND JUN, 23RD JUN, 14TH JUL





MONDAY

MAIN MEAL	Beef Bolognese & Penne Pasta Bake (G,MK)
VEGGIE MEAL	Vegan Bolognese (SO,g) with Spaghetti (G)
SIDES	Cauliflower & Green Beans
DESSERT	Maryland Cookie (G,mk)



TUESDAY

MAIN MEAL	Caribbean Chicken & Sweet Potato Curry with Steamed Rice
VEGGIE MEAL	Vegan Cauliflower & Sweet Potato Coconut Curry with Steamed Rice
SIDES	Carrots & Peas
DESSERT	Carrot & Apple Flapjack (G)

WEDNESDAY

MAIN MEAL	Honey Roast Gammon with Gravy
VEGGIE MEAL	Vegan Bombay Chickpea Burrito (G)
SIDES	Roast Potatoes, Seasonal Greens & Carrots
DESSERT	Banana & Cinnamon Sponge (G,E)

THURSDAY

MAIN MEAL	Chicken & Sweetcorn Meatballs in Tomato Sauce with Pasta (G)
VEGGIE MEAL	Vegan Vegetable & Chickpea Ragu with Pasta (G)
SIDES	Broccoli & Sweetcorn
DESSERT	Cherry Shortbread (G,SU)

FRIDAY

MAIN MEAL	Breaded Fish (G,F) with Chips & Ketchup
VEGGIE MEAL	Vegan Boston BBQ 3 Bean Stew with Baked Jackets
SIDES	Baked Beans & Peas
DESSERT	Vanilla Ice Cream (MK)

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 2: 13TH JAN, 3RD FEB, 24TH FEB, 17TH MAR, 7TH APR, 28TH APR, 19TH MAY, 9TH JUN, 30TH JUN, 21ST JUL



MONDAY

MAIN MEAL

Homemade Pepperoni Pizza (G,SO,MK,e) with Baked Wedges

VEGGIE MEAL

Margherita Pizza (G,SO,MK,e) with Baked Wedges

SIDES

Classic Coleslaw (E) & Sweetcorn

DESSERT

Cinnamon Apple Crumble (G) with Custard (MK)

TUESDAY

MAIN MEAL

Traditional Beef Lasagne (G,MK,e)

VEGGIE MEAL

Vegan Roasted Ratatouille with Herby Crumble Topping (G)

SIDES

Broccoli & Cauliflower

DESSERT

Sultana & Oat Cookie (G)

WEDNESDAY

MAIN MEAL

Slow Roast Beef & Root Vegetables with Gravy

VEGGIE MEAL

Vegan Country Vegetable & Bean Pie (G)

SIDES

Roast Potatoes, Seasonal Greens & Carrots

DESSERT

Fruit Jelly

THURSDAY

MAIN MEAL

Spiced Tex Mex Chicken with Wraps (G)

VEGGIE MEAL

Vegan Mexican Bean & Vegetable Savoury Rice

SIDES

Cauliflower & Roasted Carrots

DESSERT

Orange Drizzle Cake (G,E)

FRIDAY

MAIN MEAL

Breaded Fish (G,F) with Chips & Ketchup

VEGGIE MEAL

Mexican Roasted Vegetable & Bean Quesadilla (G)

SIDES

Baked Beans & Peas

DESSERT

Chocolate & Courgette Rice Krispie Cake (G)

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 3: 20TH JAN, 10TH FEB, 3RD MAR, 24TH MAR, 14TH APR, 5TH MAY, 26TH MAY, 16TH JUN, 7TH JUL, 28TH JUL