

WEEK ONE

MONDAY

Mac & Cheese (V) or
Mixed Bean Chili with Rice (Ve)(Wg)
Choice of Jackets, Sandwiches or Tomato Pasta
Rainbow Veg
Scoop of Vanilla Ice Cream (V)

TUESDAY

Mild & Sweet Chicken Curry with Rice (Wg)
or Margherita Pizza with Jacket Wedges (V)
Choice of Jackets, Sandwiches or Tomato Pasta
Sweetcorn & Peppers, Cauliflower
Apple Crumble (Ve)(Wg) with Custard (V)

WEDNESDAY

Roast of the Day with Roasties & Gravy or
Chickpea & Veggie Puff with Roasties (Ve)
Choice of Jackets, Sandwiches or Tomato Pasta
Broccoli, Sliced Carrot
Strawberry Jelly & Peaches (Ve)

THURSDAY

Tuna & Pea Pesto Pasta (Wg)
or Penne with Tomato Super Sauce (Ve)
Choice of Jackets, Sandwiches or Tomato Pasta
Green Beans, Swede
Chocolate Mousse with Pears (V)

FRIDAY

Fish Fingers or Salmon Fish Fingers with Chips or
Falafel Wrap with Mint Yoghurt & Chips (V)
Choice of Jackets, Sandwiches or Tomato Pasta
Baked Beans, Garden Peas
Flapjack (Ve)

4/9/23, 25/9/23, 16/10/23, 6/11/23, 27/11/23, 18/12/23, 8/1/24,
29/1/24, 19/2/24, 11/3/24

WEEK TWO

Vegetable Lasagne (V) or
Lentil & Mushroom Keema Curry with Rice (Ve)
Choice of Jackets, Sandwiches or Tomato Pasta
Rainbow Veg
Scoop of Vanilla Ice Cream (V)

Chicken Paella (Wg)
or Margherita Pizza with Jacket Wedges (V)
Choice of Jackets, Sandwiches or Tomato Pasta
Sweetcorn, Green Beans
Apple & Pear Crumble (Ve)(Wg) with Custard (V)

Roast of the Day with Roasties & Gravy or
Homemade Veggie & Stuffing Roll with Roasties &
Gravy (Ve)
Choice of Jackets, Sandwiches or Tomato Pasta
Cauliflower, Carrot Batons
Orange Jelly & Mandarins (Ve)

Penne with Chicken Meatballs in Classic Tomato
Sauce (Wg)
or Penne with Classic Tomato Sauce (Ve)(Wg)
Choice of Jackets, Sandwiches or Tomato Pasta
Cabbage, Garden Peas
Banana Custard (V)

Fish Fingers or Salmon Fish Fingers with Chips or
Vegeball Marinara Sub with Chips (V)
Choice of Jackets, Sandwiches or Tomato Pasta
Baked Beans, Garden Peas
Chocolate Shortbread (Ve)

11/9/23, 2/10/23, 23/10/23, 13/11/23, 4/12/23, 25/12/23, 15/1/24,
5/2/24, 26/2/24, 18/3/24

WEEK THREE

Pizza Mac & Cheese (V) or
Mild Sweet Potato & Chickpea Curry with Rice (Ve)
Choice of Jackets, Sandwiches or Tomato Pasta
Rainbow Veg
Scoop of Vanilla Ice Cream (V)

Chicken Tandoori with Golden Rice (Wg)
or Margherita Pizza with Jacket Wedges (V)
Choice of Jackets, Sandwiches or Tomato Pasta
Sweetcorn, Green Beans
Peach & Pineapple Crumble (Ve)(Wg) with
Custard (V)

Roast of the Day with Roasties & Gravy or
Veggie Sausage Toad in the Hole with Roasties &
Gravy (V)
Choice of Jackets, Sandwiches or Tomato Pasta
Cabbage, Sliced Carrot
Strawberry Jelly & Pineapple (Ve)

Chicken, Broccoli & Sweetcorn Pasta Bake (Wg)
or Penne with Beany Bolognese (Ve)(Wg)
Choice of Jackets, Sandwiches or Tomato Pasta
Swede, Shredded Carrots
Chocolate Mousse with Mandarins (V)

Fish Fingers or Salmon Fish Fingers with Chips or
Garden Vegetable Goujons with Chips (Ve)
Choice of Jackets, Sandwiches or Tomato Pasta
Baked Beans, Garden Peas
Iced Shortbread (Ve)

18/9/23, 9/10/23, 30/10/23, 20/11/23, 11/12/23, 1/1/24, 22/1/24,
12/2/24, 4/3/24, 25/3/24

Freshly baked bread, fresh fruit, yoghurts and fresh drinking water available daily

V - Vegetarian Ve - Vegan Wg - Wholegrain