

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals, Yoghurts, Toast with Spreads				
LUNCH	Tuna Pasta Bake	Jacket Potatoes with Chilli Con Carne	Lentil Curry and Brown Rice	Roasted Tomato Soup with Cheesy Bread	Chicken Stew & Dumplings
VEGETARIAN OPTION	Vegetable Pasta Bake	Quorn Mince			Quorn
PROTEIN	Fish / Cheese	Cheese & Kidney Beans	Lentils	Cheese	Chicken / Quorn
CARBOHYDRATES	Pasta & Breadcrumbs	Potatoes	Rice	Bread	Potatoes & Dumplings
VEGETABLES	Sweet Corn	Onions, Tomatoes, Peppers	Carrots, Celery, Cauliflower, Parsnips	Tomatoes, Onions, Celery	Onions, Carrots, Leeks, Parsnips, Swede
PUDDING	Oaty Fruit Crumble & Fresh Cream	Lemon Flan	Banana Loaf & Custard	Rice Pudding	Peaches & Custard
ALTERNATIVE	Selection of Fresh Fruit or Yoghurt				
SNACK	Waffles & Baked Beans	Fish/Veggie Fingers In Pitta Bread	Chunky Chips & Dips	Mrs Fleetwood's Pink Spaghetti & Cheese	Jam Sponge & Custard
ALTERNATIVE	Selection of Fresh Fruit				

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals, Yoghurts, Toast with Spreads				
LUNCH	Rose's Leek & Potato Soup with Cheddar Cheese French Bread	Toad in the Hole with Mashed Potato, Carrots & Savoy Cabbage	Sweet Potato & Chicken Hotpot	Parmesan Cauliflower Cheese & Fresh Green Beans	Saucy Meatballs With Long Grain Rice
VEGETARIAN OPTION		Quorn	Quorn		Quorn
PROTEIN	Cheese	Milk, Chicken / Quorn	Chicken & Quorn	Milk, Cheese	Minced Beef / Quorn
CARBOHYDRATES	Potatoes & Bread	Potatoes	Sweet Potatoes	Breadcrumbs	Rice
VEGETABLES	Leeks, Onions	Carrots, Cabbage	Onions, Leeks, Mushrooms & Red/Yellow Peppers	Cauliflower, Green Beans	Tomatoes, Carrots, Sweet Corn, Onions & Spinach
PUDDING	Jam Tart With Custard	Apple Cinnamon Cake	Lemon Meringue Pie	Gingerbread Pudding & Fresh Cream	Banana & Custard
ALTERNATIVE	Selection of Fresh Fruit or Yoghurt				
SNACK	Muffin Pizza	Homemade Cheesy Scones	Chocolate Sponge & Chocolate Sauce	Fusilli Pasta in Tomato Sauce	Hot Dogs / Veggie Sausages in Buns
ALTERNATIVE	Selection of Fresh Fruit				

<b>WEEK 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Selection of Cereals, Yoghurts, Toast with Spreads				
<b>LUNCH</b>	Gorgeously Goopy Bolognese Gratin	Ratatouille with Chickpeas & Mashed Potatoes	Cheesy Fish Pie	Cauliflower Korma & Rice	Roast Chicken & Potatoes, Green Cabbage & Carrots
<b>VEGETARIAN OPTION</b>	Quorn Mince		Cheesy Vegetable Pie		Quorn & Mushroom Pie
<b>PROTEIN</b>	Beef / Quorn	Chickpeas	Fish, Cheese & Milk	Milk & Cream	Chicken / Quorn
<b>CARBOHYDRATES</b>	Pasta	Potatoes	Potatoes	Rice	Potatoes
<b>VEGETABLES</b>	Tomatoes, Red Onions	Onion, Courgettes, Aubergine, Green Peppers & Tomatoes	Broccoli, Green Beans	Cauliflower, Onion	Green Cabbage, Carrots
<b>PUDDING</b>	Pineapple Upside Down Cake & Custard	Bread & Butter Pudding with Single Cream	Carrot & Orange Cake with Crème Fraiche	Semolina	Fresh Fruit Salad & Carnation Milk
<b>ALTERNATIVE</b>	Selection of Fresh Fruit or Yoghurt				
<b>SNACK</b>	Rock Cakes	Macaroni Cheese	Selection of Sandwiches & Cakes	Jam Tart and Custard	Mrs Kendall's Lentil Soup & Wholemeal Rolls
<b>ALTERNATIVE</b>	Selection of Fresh Fruit				

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals, Yoghurts, Toast with Spreads				
LUNCH	Penne Pasta with Cheese & Broccoli	Levi Roots' Caribbean Fish Pie & Sweet Corn	Keema Matar with Warm Nan Bread	Vegetable Lasagne	Sausage Potato Bake
VEGETARIAN OPTION		Quorn Chicken	Quorn Mince		Quorn Sausage
PROTEIN	Milk & Cheese	Milk & Fish / Quorn	Lamb / Quorn	Milk & Cheese	Chicken / Quorn
CARBOHYDRATES	Pasta	Sweet Potatoes	Naan Bread	Pasta	Potatoes
VEGETABLES	Onions, Broccoli	Spinach, Sweet Corn	Peas, Onion, Tomatoes	Tomatoes, Onions, Mushrooms, Courgettes, Yellow Pepper	Onion, Carrots, Tomatoes
PUDDING	Stewed Apple & Custard	Trifle	Syrup Sponge & Fresh Cream	Coconut Tartlets & Custard	Chocolate Blancmange
ALTERNATIVE	Selection of Fresh Fruit or Yoghurt				
SNACK	Homemade Flapjacks	Crumpets & Jam	Vegetable Stew	Jollof Rice	Crackers & Cheese Selection
ALTERNATIVE	Selection of Fresh Fruit				