




















































































	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	<p><u>Pasta: Tomato & Basil</u> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese</p> <p> </p>	<p><u>Curry: Chicken Korma</u> Boneless chicken lightly spiced with tikka spices in a rich sauce with peppers and a side of wholegrain rice with peas</p> <p></p>	<p><u>Pizza</u> Deep pan wholemeal base, Cheese and Tomato pizza and a side of corn on the cob</p> <p> </p>	<p><u>Wraps</u> Baked breaded chicken pieces, with salad leaves and Vegan mayo wrapped in a Tortilla, served with a side of potato wedges</p> <p> </p>	<p><u>Fish Cakes</u> Baked Salmon and sweet potato fish cakes with a side steamed broccoli and juicy sweetcorn</p> <p> </p>
OR					
Alternative Meal 1	<p><u>Jacket potato</u> Jacket potato with cheddar cheese and baked beans</p> <p></p>	<p><u>Curry: Vegan Tikka</u> Vegan pieces marinated in a homemade tikka paste with wholegrain rice and peas</p> <p></p>	<p><u>Chicken burger</u> Chicken breast fillet burger in a high fibre bun with baked wedges</p> <p> </p>	<p><u>Vegan Tortilla Wraps</u> Vegan pieces stir fried in garlic with salad leaves and vegan mayo in a wrap with a side of potato wedges</p> <p></p>	<p><u>Vegetable nuggets</u> Baked Vegan nuggets with a side of steamed broccoli and juicy sweetcorn</p> <p></p>
OR					
Alternative Meal 2: Sandwiches	<p><u>SANDWICH CHEESE & CUCUMBER</u> salad sandwich</p> <p> </p>	<p><u>SANDWICH</u> Homemade Chicken & Vegan Mayo filling in a baked baguette</p> <p> </p>	<p><u>SANDWICH</u> Homemade Tuna and Vegan Mayo in a white baguette</p> <p> </p>	<p><u>SANDWICH</u> Homemade TUNA MAYO in a baguette</p> <p> </p>	<p><u>SANDWICH</u> Homemade Chicken & Vegan Mayo filling a baked baguette</p> <p> </p>
Included with meal	Fruit	Frubes (yoghurt) & Salad platter	Mini Choc chip cookies and Fruit	Organic yoghurt & Salad platter	Fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	<p>Pasta: Tomato & Basil Homemade tomato, garlic and basil sauce with penne pasta topped with cheddar cheese</p> <p> </p>	<p>Curry: Chicken Tikka Boneless chicken lightly spiced with tikka spices in a rich creamy sauce and wholegrain rice with peas</p> <p></p>	<p>Chicken burger Chicken breast fillet burger in a high fibre bun with baked potato wedges</p> <p> </p>	<p>Beef Bolognese Beef Bolognese made with veg stock, peppers, carrots, celery, onions and garlic in a rich tomato sauce served on penne pasta topped with cheese sauce and a side of steamed broccoli</p> <p> </p>	<p>Fish cakes Breaded cod served with a side of seasonal steamed vegetables</p> <p> </p>
OR					
Alternative Meal 1	<p>Jacket potato Jacket potato with cheddar cheese and baked beans</p> <p></p>	<p>Curry: Vegan Tikka Vegan pieces marinated in a homemade tikka paste with wholegrain rice and peas</p>	<p>Fish burger Baked fish fillet in a light batter served on a high fibre bun with a side of corn on the cob</p> <p>   </p>	<p>Meatfree bolognes Meatfree mince in a rich tomato bolognese sauce served on penne topped with cheese</p> <p>  </p>	<p>Pasta: Tomato & Basil Homemade tomato and basil sauce with penne pasta topped with cheddar cheese</p> <p> </p>
OR					
Alternative Meal 2: Sandwiches	<p>SANDWICH CHEESE & CUCUMBER salad sandwich</p> <p> </p>	<p>SANDWICH Homemade Tuna and Vegan Mayo in a white baguette</p> <p> </p>	<p>Vegan Burgers Plant based vegan burger with vegan brioche burger bun and corn on the cob</p> <p> </p>	<p>SANDWICH Homemade Chicken & Vegan Mayo filling a baked baguette</p> <p>  </p> <p>SANDWICH CHEESE & CUCUMBER salad sandwich baguette</p> <p> </p>	<p>SANDWICH Homemade Chicken & Vegan Mayo filling a baked baguette</p> <p> </p>
Included with meal	Fruit	Fruites yoghurts & Salad platter	Treat: Mini Blueberry muffins & Fruit	Organic yoghurt & Salad platter	Fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	<p><u>Pasta: Tomato & Basil</u> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese</p> <p> </p>	<p><u>Chicken Goujons</u> Chicken goujons served with a side of steamed broccoli, carrots and sweetcorn</p> <p> </p>	<p><u>Beef burgers</u> Beef burger in a high fibre bun with a side of baked wedges</p> <p> </p>	<p><u>Roast chicken</u> Baked chicken breast, sliced, served with a side of steamed veg, buttery potato mash and gravy</p> <p> </p>	<p><u>Fish cakes</u> Breaded cod fish cakes served with steamed seasonal vegetables and roasted new potatoes</p> <p></p>
	<p>OR</p> <p>Alternative Meal 1</p> <p><u>Jacket potato</u> Jacket potato with cheddar cheese and baked beans</p> <p></p> <p>OR</p> <p>Alternative Meal 2: Sandwiches</p> <p><u>SANDWICH</u> Homemade Tuna and Vegan Mayo in a white baguette</p> <p> </p>	<p><u>Cod Goujons</u> Baked cod goujons served with a side of steamed broccoli, carrots and sweetcorn</p> <p><u>Pasta: Tomato & Basil</u> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese</p> <p> </p> <p><u>SANDWICH</u> CHEESE & salad sandwich</p> <p> </p>	<p><u>Chicken burger</u> Chicken breast fillet burger in a high fibre bun with a side of corn on the cob</p> <p> </p> <p><u>Vegetable Burgers</u> Crispy crumbed vegetable burger served with a side of corn on the cob</p> <p></p>	<p><u>Vegan roast</u> Baked vegan fillet, sliced, served with a side of steamed veg, buttery potato mash and gravy</p> <p></p> <p><u>SANDWICH</u> Homemade Tuna and Vegan Mayo in a white baguette</p> <p> </p>	<p><u>Pasta: Tomato & Basil</u> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese</p> <p> </p> <p><u>SANDWICH</u> Homemade Chicken & Vegan Mayo filling in a baked baguette</p> <p> </p>
Included with meal	Fruit	Frubes (yoghurt) & Salad platter	Treat: Mini choc chip muffins & Fruit	Organic yoghurt & Salad platter	Fruit