

# Week 1

Week commencing:

- 02/01/17 • 23/01/17
- 13/02/17 • 13/03/17
- 03/04/17 • 08/05/17
- 05/06/17 • 26/06/17
- 17/07/17

## MONDAY

### MAINS

1. Fish Fingers, mashed potatoes & mixed vegetables
2. Quorn and Sweet Potato Curry (v), brown & white rice, Naan bread

### DESSERTS

- Baked Apple Sponge & custard  
Cheese & Biscuits with grapes  
Fresh Fruit Platter

## TUESDAY

### MAINS

1. Hot Dog or Veggie Hot Dogs, oven baked herby potatoes, sweetcorn & assorted salad
2. Whole Wheat Tomato Pasta Bake (v), sweetcorn & salad

### DESSERTS

- Cherry Shortcake & custard  
Muller Yoghurt  
Melon Slices

## WEDNESDAY

### MAINS

1. Roast of the Day, parsley potatoes, broccoli & carrots
2. Cheese and Potato Pie (v), broccoli & carrots or assorted salad

### DESSERTS

- Apple Flapjack & custard  
Chocolate Mousse  
Mandarin Oranges

## THURSDAY

### MAINS

1. Meatballs in Tomato Sauce with pasta with assorted salad **NEW DISH**
2. Loaded Pizza (v) baked jacket wedges, baked beans or assorted salad

### DESSERTS

- Carrot Cake & custard  
Fruit Jelly  
Fresh Fruit Salad

## FRIDAY

### MAINS

1. Fish & Chips, peas & sweetcorn or assorted salad
2. Crunchy Topped Vegetarian Pie (v), peas & sweetcorn or assorted salad **NEW DISH**

### DESSERTS

- Chocolate Crunch & vanilla sauce  
Ice Cream Tub  
Fresh Fruit Platter

# Week 2

Week commencing:

- 09/01/17 • 30/01/17
- 27/02/17 • 20/03/17
- 24/04/17 • 15/05/17
- 12/06/17 • 03/07/17
- 24/07/17

## MONDAY

### MAINS

1. Pork Sausages or Vegetarian Sausages, Yorkshire pudding & gravy, mashed potatoes & mixed vegetables

2. Vegetable Lasagne (v), & mixed vegetables or assorted salad

### DESSERTS

- Hot Chocolate Fudge Cake with chocolate sauce  
Muller Yoghurt  
Fresh Fruit Salad

## TUESDAY

### MAINS

1. Beef Bolognaise with spaghetti, garlic bread & assorted salad

2. Jacket Potato with five bean chilli (v) or cheese & beans with assorted salad

### DESSERTS

- Oat & Raisin Cookie & custard  
Fruit Jelly  
Fresh Fruit Platter

## WEDNESDAY

### MAINS

1. Roast of the Day, roast and boiled potatoes, cabbage & carrots

2. Southern Style Quorn Burger (v), roast and boiled potatoes, cabbage & carrots

### DESSERTS

- Fruit Crumble & custard  
Arctic Roll  
Pineapple in Juice

## THURSDAY

### MAINS

1. BBQ Chicken with Savoury Rice, roasted mediterranean vegetables or assorted salad

2. Loaded Pizza (v) baked Cajun wedges, Roasted Mediterranean Vegetables or Assorted Salad

### DESSERTS

- Rice Pudding with fruit  
Muller Yoghurt  
Melon Slices

## FRIDAY

### MAINS

1. Fish & Chips, garden peas or assorted salad

2. Italian Vegetable Bake (v), garden peas or assorted salad **NEW DISH**

### DESSERTS

- Banana & Gingerbread Slice & custard  
Strawberry Mousse  
Fresh Fruit Salad

# Week 3

Week commencing:

- 16/01/17 • 06/02/17
- 06/03/17 • 27/03/17
- 01/05/17 • 22/05/17
- 19/06/17 • 10/07/17

## MONDAY

### MAINS

1. Crunchy Topped Cowboy Pie & mixed vegetables **NEW DISH**

2. Vegetable Burger (v), oven baked diced potatoes, mixed vegetables or salad

### DESSERTS

- Melting Moments and custard  
Strawberry Mousse  
Peaches in Juice

## TUESDAY

### MAINS

1. All Day Brunch (bacon, sausage, omelette, beans, hash brown) **OR**

- All Day Vegetarian Brunch (v) (vegetarian sausage, omelette, beans, hash brown)

2. Jacket Potato with cheese and beans (v)

### DESSERTS

- Oaty Fruit Crunch & custard  
Ice Cream Tub  
Fresh Fruit Salad

## WEDNESDAY

### MAINS

1. Roast of the Day, boiled potatoes, broccoli, carrots

2. Vegetarian Bolognaise (v), with spaghetti & garlic bread & assorted salad

### DESSERTS

- Chocolate Mandarin Brownie & custard  
Muller Yoghurt  
Fresh Fruit Platter

## THURSDAY

### MAINS

1. Chicken Curry, rice & naan bread

2. Loaded Pizza (v), oven baked jacket wedges & assorted salad

### DESSERTS

- Iced Lemon Sponge & custard  
Fruit Jelly  
Melon Slice

## FRIDAY

### MAINS

1. Fish & Chips, peas and sweetcorn **NEW DISH**

2. Vegetable Sausage Pasta (v), peas and sweetcorn

### DESSERTS

- Cornflake Tart & custard  
Muller Yoghurt  
Fresh Fruit Salad

Served daily: bread basket and assorted salad to accompany meals. Drink choice of fruit juice, milk or water  
Some schools also provide a sandwich or jacket potato option, ask at your school