

WEEK A 04/09 – 25/09 – 16/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chilli con Carne Green Beans	Chicken Curry Green Beans Naan Bread	Pork Sausages Mashed Potato Baked Beans Peas Gravy	Beef Lasagne Mixed Salad	Fish Fingers Peas Baked Beans
Vegetarian Dish	Baked Potato with Baked Beans	Chickpea Curry with Spinach	Quorn Sausages Mashed Potato Baked Beans Peas	Jacket Potatoes (Tuna, Cheese or Baked Beans)	Vegetable Spring rolls
Starchy Dish	Steamed Rice	Basmati Rice or 50/50 Rice	Included in Main Course	Included in Main Course	Chips or Steamed Rice or 50/50 Rice
Vegetable and Salad	Plain Pasta Cucumber Tomato Grated Carrot Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Grated Cheese Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Grated Cheese Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Grated Cheese Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Grated Cheese Mixed Salad Peppers Sweetcorn
Dessert	Watermelon	Yoghurt Fresh Fruit	Smoothie Fresh Fruit	Biscuit with Orange Wedge Fresh Fruit	Artic Roll Fresh Fruit
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk

WEEK B 11/09 – 02/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Spaghetti Bolognese (Beef)	Cheese Tomato Pizza	Spaghetti Meatballs	Chicken Noodles with Vegetables	Fish Fingers Chips Baked Beans
Vegetarian Dish	Tomato Sauce Roast Vegetable Pasta Bake	Baked Potatoes Baked Beans	Aubergine Parmigiana	Vegetable Noodles Quorn with Vegetables	Vegetable Spring Rolls Rice
Starchy Dish	Included in Main Course	Included in Main Course	Included in Main Course	Included in Main Course	Included in main Course
Vegetable and Salad	Plain Pasta Cucumber Tomato Grated Carrot Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Grated Cheese Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Tuna Mayo Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Grated Cheese Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Grated Cheese Mixed Salad Peppers Sweetcorn
Dessert	Brownies and Orange Wedges Fresh Fruit	Cheesecake with Fresh Strawberry Topping Fresh Fruit	Fruit Salad Fresh Fruit	Yoghurt Fresh Fruit	Ice Cream Fresh Fruit
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk

WEEK C 23/09– 09/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta Tomato Sauce Mixed Salad	Chicken Burgers Potato Wedges	Roast Beef Yorkshire Pudding Roast Potatoes Peas Carrots	Lemon and Herb Chicken Broccoli	Fish Fingers Baked Beans Peas
Vegetarian Dish	Vegetable Omelette	Veggie Burgers Potato Wedges	Roast Vegetables Tomato and Cannellini Beans Pasta Bake	Lentil and Spinach Curry	Vegetarian Ravioli
Starchy Dish	Included in Main Course	Included in Main Course	Included in Main Course	Rice 50/50	Chips
Vegetable and Salad	Plain Pasta Cucumber Tomato Grated Cheese Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Grated Cheese Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Grated Carrot Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Grated Cheese Mixed Salad Peppers Sweetcorn	Plain Pasta Cucumber Tomato Grated Cheese Mixed Salad Peppers Sweetcorn
Dessert	Flapjack Fresh Fruit	Oat Biscuit Fresh Fruit	Apple Crumble Ice Cream Fresh Fruit	Fruit Salad Fresh Fruit	Ice Cream Fresh Fruit
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk