

WEEK A 03/08, 23/09 & 14/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta Tomato Sauce	Chicken Curry Green Beans Naan Bread	Pork Sausages Mashed Potato Baked Beans Peas Gravy	Beef Lasagne Mixed Salad Garlic Bread	Cod Fish Fingers Peas Baked Beans
Vegetarian Dish	Baked Potato with Baked Beans	Chickpea Curry with Spinach	Vegetable Sausages Mashed Potato Baked Beans Peas	Jacket Potatoes (Tuna, Cheese or Baked Beans)	Vegetable Noodles
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	Sponge and Custard	Yoghurt Fresh Fruit	Fruit Salad	Biscuit with Orange Wedge Fresh Fruit	Fruit Jelly
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk

WEEK B 09/09, 30/09 – 21/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta Tomato Sauce Mixed Salad	Cheese Tomato Pizza	Roast of the Day Roast Potatoes Peas Carrots	Chicken Noodles with Vegetables	Cod Fish Fingers Chips Baked Beans
Vegetarian Dish	Cheese Potato Wirls	Baked Potatoes Baked Beans	Tomato Sauce Roast Vegetables with Pasta	Vegetable Noodles 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 16/09 & 07/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Spaghetti Bolognese (Beef) Garlic Bread	Chicken Burgers Potato Wedges	Cottage Pie Mash Potatoes Peas Carrots	Lemon and Herb Chicken Broccoli	Cod 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	Potato Wirls
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	Yoghurt	Fruit Salad Fresh Fruit	Apple Crumble Custard Fresh Fruit	Icr Cream Fresh Fruit
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk