

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sticky pork in cranberry sauce with couscous	Savoury mince with seasonal vegetables and roasted potatoes	Sausage and mash with seasonal vegetables	Fish pie with seasonal vegetables	Vegetable spaghetti bolognese with garlic bread (V)
Pudding	Fresh fruit (V)	Yoghurt (V)	Yoghurt (V)	Fresh fruit (V)	Fresh fruit (V)
Tea	Cauliflower and macaroni cheese bake	Chicken fajita wraps with vegetable sticks	Pea and ham risotto	Five bean pasta bake (V)	Selection of sandwiches and vegetable sticks
Pudding	Yoghurt (V)	Fresh fruit (V)	Fresh fruit (V)	Yoghurt (V)	Yoghurt (V)
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sweet and sour chicken with rice	Beef lasagne	Thai lemon chicken with rice noodles	Vegetable chilli with rice (V)	Paprika pork with couscous
Pudding	Yoghurt (V)	Fresh fruit (V)	Fresh fruit (V)	Fresh fruit (V)	Yoghurt (V)
Tea	Ploughman's platter	Muffin pizzas and vegetable sticks (V)	Mini beef burgers with vegetable sticks	Ham and mushroom carbonara	Selection of wraps and vegetable sticks (V)
Pudding	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Lentil and sweet potato curry with rice and naan bread (V)	Roast chicken with seasonal vegetables and roast potatoes	Lamb and apricot stew with seasonal vegetables	Cottage pie with seasonal vegetables	Veg patch pie with seasonal vegetables (V)
Pudding	Apple slices (V)	Yoghurt (V)	Yoghurt (V)	Fresh fruit (V)	Fresh fruit (V)
Tea	Jacket potatoes with cheese and beans (V)	Tomato and mozzarella tortellini (V)	Ham and leek risotto	Vegetable lasagne (V)	Cold meats platter with vegetable sticks
Pudding	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)	Yoghurt (V)	Yoghurt (V)
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sweet and sour pork with rice	Turkey bolognese with garlic bread	Meatloaf with mashed potatoes and seasonal veg	Lamb tagine with couscous	Shepard's pie with seasonal vegetables
Pudding	Yoghurt (V)	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)	Yoghurts (V)
Tea	Fish cakes with peas	Stuffed jacket potatoes with vegetable sticks	Vegetable paella	Cheesy muffins with baked beans (V)	Selection of sandwiches with vegetable sticks
Pudding	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Thai lemon chicken with rice noodles	Vegetable chilli with rice (V)	Lamb tagine with couscous	Creamy chicken, bacon and broccoli pasta bake	Sausages and mash with seasonal vegetables(V)
Pudding	Fresh fruit (V)	Yoghurt (V)	Yoghurt (V)	Fresh fruit (V)	Fresh fruit (V)
Tea	Fish fingers with peas and bread & butter	Selection of sandwiches with vegetable sticks (V)	Stuffed jacket potatoes with vegetable sticks	Cowboy pie (V)	Ploughman's platter
Pudding	Yoghurt (V)	Fresh fruit (V)	Fresh fruit (V)	Yoghurt (V)	Yoghurt (V)
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Spaghetti bolognese	Lamb and apricot stew with mashed potatoes and seasonal vegetables	Fish pie with seasonal vegetables	Veggie meatball pasta bake(V)	Paprika pork with couscous
Pudding	Yoghurt (V)	Yoghurt (V)	Fresh fruit (V)	Fresh fruit (V)	Yoghurt (V)
Tea	Muffin pizzas with vegetable sticks (V)	Ham and mushroom carbonara (V)	Pea and ham risotto	Chicken goujons with mashed potatoes and seasonal vegetables	Selection of sandwiches and vegetable sticks (V)
Pudding	Fresh fruit (V)	Fresh fruit (V)	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Cranberry turkey with couscous	Roast beef with seasonal vegetables and roast potatoes	Beef lasagne	Chicken casserole with mashed potatoes and seasonal vegetables	Veg patch pie with seasonal vegetables (V)
Pudding	Fresh fruit (V)	Yoghurt (V)	Yoghurt (V)	Fresh fruit (V)	Yoghurt (V)
Tea	Jacket potatoes with cheese and beans (V)	Five bean pasta bake (V)	Fish fingers with mashed potatoes and seasonal veg	Ham and leek risotto	Cold meats platter with vegetable sticks
Pudding	Yoghurt (V)	Fresh fruit (V)	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Summer in winter chicken with couscous	Beef in orange sauce with crushed new potatoes and seasonal vegetables	Meatloaf with mashed potatoes and seasonal veg	Vegetable chilli with rice (V)	Cottage pie with seasonal vegetables
Pudding	Yoghurt (V)	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)	Yoghurt (V)
Tea	Vegetable paella	Cold meats platter with vegetable sticks	Fish cakes with peas	Muffin pizzas with vegetable sticks (V)	Selection of sandwiches and vegetable sticks (V)
Pudding	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)