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

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Th	hai lemon chicken with rice	Vegetable chilli with rice (V)	Lamb tagine with couscous	Creamy chicken, bacon and	Sausages and mash with
	noodles			broccoli pasta bake	seasonal vegetables(V)
Pudding	Fresh fruit (V)	Yoghurt (V)	Yoghurt (V)	Fresh fruit (V)	Fresh fruit (V)
Tea	Fish fingers with peas and	Selection of sandwiches with	Stuffed jacket potatoes with	Cowboy pie (V)	Ploughman's platter
	bread & butter	vegetable sticks (V)	vegetable sticks		Va alouet () ()
Pudding	Yoghurt (V)	Fresh fruit (V)	Fresh fruit (V)	Yoghurt (V)	Yoghurt (V)
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Spaghetti bolognaise	Lamb and apricot stew with	Fish pie with seasonal	Veggie meatball pasta bake(V)	Paprika pork with couscous
		mashed potatoes and	vegetables		
Pudding	Yoghurt (V)	seasonal vegetables Yoghurt (V)	Fresh fruit (V)	Fresh fruit (V)	Yoghurt (V)
	Auffin pizzas with vegetable	Ham and mushroom	Pea and ham risotto	Chicken goujons with mashed	Selection of sandwiches and
	sticks (V)	carbonara (V)		potatoes and seasonal	vegetable sticks (V)
				vegetables	
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	Roast beef with seasonal	Beef lasagne	Chicken casserole with	Veg patch pie with seasonal
	couscous	vegetables and roast potatoes		mashed potatoes and	vegetables (V)
Pudding	Fresh fruit (V)	Yoghurt (V)	Yoghurt (V)	seasonal vegetables Fresh fruit (V)	Yoghurt (V)
	cket potatoes with cheese and	Five bean pasta bake (V)	Fish fingers with mashed	Ham and leek risotto	Cold meats platter with
100	beans (V)	, ,	potatoes and seasonal veg		vegetable sticks
Dudding	Yoghurt (V)	F L. C 2. (A.)	Early Co. 21 (A.A.	Week at 0.0	F L. C 2. (A.)
Pudding Week 8	Monday	Fresh fruit (V) Tuesday	Fresh fruit (V) Wednesday	Yoghurt (V) Thursday	Fresh fruit (V) Friday
	Summer in winter chicken	Beef in orange sauce with	Meatloaf with mashed	Vegetable chilli with rice (V)	Cottage pie with seasonal
Luncii	with couscous	crushed new potatoes and	potatoes and seasonal veg	vegetable chilli with rice (v)	vegetables
	With couseous	seasonal vegetables	potatoes and seasonal reg		regetables
Pudding					Yoghurt (V)
	Yoghurt (V)	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)	
Теа	Vegetable paella	Cold meats platter with	Fish cakes with peas	Muffin pizzas with vegetable	Selection of sandwiches and
		vegetable sticks		sticks (V)	vegetable sticks (V)
Pudding	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)	Yoghurt (V)	Fresh fruit (V)