

## WEEK 1

03/09/2018, 24/09/2018, 15/10/2018, 12/11/2018,  
03/12/2018, 07/01/2019, 28/01/2019

MONDAY

Cottage Pie  
or  
Veggie Sausages with Gravy & Mash  
**Peas, Carrots**  
Sultana Sponge with Lemon Syrup

TUESDAY

Chicken Korma with Rice  
or  
Root Vegetable Green Curry with Rice  
**Green Beans, Cauliflower**  
Jam Swiss Roll

WEDNESDAY

Roast Chicken with Stuffing, Gravy & Roast Potatoes  
or  
Cheese & Onion Quiche with New Potatoes  
**Broccoli, Carrot Batons**  
Tropical Fruit Crumble with Custard

THURSDAY

Lasagne with Garlic Bread  
or  
Potato Tortilla with Herb Roasted Mediterranean  
Vegetables and Pesto  
**Mixed Salad, Green Beans**  
Passion Cake

FRIDAY

Battered Cod with Chips  
or  
Veggie Cheese Burger with Chips  
**Peas, Beans**  
Dutch Apple Strudel with Custard

## WEEK 2

10/09/2018, 01/10/2018, 29/10/2018, 19/11/2018,  
10/12/2018, 14/01/2019, 04/02/2019

MONDAY

Sausage & Mash  
or  
Shepherdess Pie  
**Shredded Savoy Cabbage, Peas**  
Carrot Cake

TUESDAY

Sweet & Sour Chicken & Rice  
or  
Vegetable Chow Mein with Spring Roll  
**Golden Corn, Oriental Mixed Veg**  
Mandarin Cheese Cake

WEDNESDAY

Roast Beef with Gravy & Roast Potatoes  
or  
Mac & Cheese  
**Broccoli, Honey Roast Parsnips**  
Apple & Blackberry Crumble with Custard

THURSDAY

Tuna & Salmon Pasta Bake  
or  
Mediterranean Stromboli  
**Italian Salad, Green Beans**  
Chocolate & Beetroot Brownie

FRIDAY

Breaded Fish & Chips  
or  
Veggie Hot Dog & Chips  
**Peas, Beans**  
Rhubarb & Lemon Sponge with Custard

## WEEK 3

17/09/2018, 08/10/2018, 05/11/2018, 26/11/2018,  
17/12/2018, 21/01/2019, 11/02/2019

MONDAY

Beef Burger with Jacket Wedges  
or  
Cheese & Tomato Pinwheel  
**BBQ Beans, Mixed Salad**  
Coconut & Sultana Rice Pudding

TUESDAY

Chicken Fajitas  
or  
Vegetable Chilli & Rice  
**Golden Corn, Roasted Courgettes**  
Iced Bakewell Tart

WEDNESDAY

Roast Chicken with Stuffing, Gravy & Roast Potatoes  
or  
Roast Quorn Fillet with Stuffing, Gravy & Roast Potatoes  
**Carrots, Savoy Cabbage**  
Caramelised Apple Crumble & Custard

THURSDAY

Macaroni Bolognese  
or  
Vegetable Bolognese with Pasta  
**Super Greens**  
Courgette & Lime Cake

FRIDAY

Fish Finger Sandwich & Chips  
or  
Cheese & Onion Pasty with Chips  
**Peas, Beans**  
Pear & Chocolate Sponge with Chocolate Custard

