



WEEK 1

01/09, 22/09,
13/10, 10/11,
01/12, 05/01,
26/01

OPTION 1

MONDAY

Tomato and Basil Pasta
(Ve)

TUESDAY

Beef Bolognese with
Spaghetti

WEDNESDAY

Roast Chicken, Roast
Potatoes, Yorkshire
Pudding and Gravy

THURSDAY

Teriyaki Chicken with
Mixed Rice

FRIDAY

Fish Fingers and Chips

OPTION 2

Cheese and Tomato Pizza
with Pasta

Mixed Bean Chilli Con
Carne with Mixed Rice
(Ve)

Vegan Quorn Sausage
with Roast Potatoes,
Yorkshire Pudding and
Gravy

Cheesy Pasta Twists

Vegetable Goujons and
Chips (Ve)

OPTION 3

Jacket Potato with
Cheese

Jacket Potato with Baked
Beans

Tomato Pasta (Ve)

Jacket Potato with
Baked Beans

Jacket Potato with
Cheese

VEGETABLES

Carrots
Cauliflower

Broccoli
Green beans

Carrots
Cabbage

Green Beans
Sweetcorn

Peas
Baked Beans

DESSERT

Banana Marble Cake (Ve)

Anzac Biscuit with Apple
Slices (Ve)

Fruit Salad (Ve)

Apple and Cinnamon
Whirl (Ve)

Chocolate Cookie (Ve)

WEEK 2

08/09, 29/09,
20/10, 17/11,
08/12, 12/01,
02/02

OPTION 1

MONDAY

Spicy Tomato Pasta (Ve)

TUESDAY

Mild Chicken Curry and
Mixed Rice

WEDNESDAY

Pork Sausage with Roast
Potatoes, Yorkshire
Pudding and Gravy

THURSDAY

Vegan Sausage Roll with
Mashed Potatoes (Ve)

FRIDAY

Fish Fingers and Chips

OPTION 2

Cheese and Tomato
Pizza with Pasta

Vegetarian Bolognese
(Ve)

Quorn Roast with Roast
Potatoes, Yorkshire
Pudding and Gravy

Macaroni Cheese

Quorn Nuggets and
Chips (Ve)

OPTION 3

Jacket Potato with
Cheese

Jacket Potato with Baked
Beans

Tomato Pasta (Ve)

Jacket Potato with Baked
Beans

Jacket Potato with
Cheese

VEGETABLES

Broccoli
Carrots

Sweetcorn
Green Beans

Cauliflower
Carrots

Cabbage
Green Beans

Peas
Baked Beans

DESSERT

Carrot Cake

Fruity Cookie (Ve) with
Apple Slices

Strawberry Jelly (Ve)

Plain Flapjack (Ve)

Chef's Cookie with Fruit

WEEK 3

15/09, 06/10,
03/11, 24/11,
15/12, 19/01,
09/02

OPTION 1

MONDAY

Salmon Fishcakes with
Pasta

TUESDAY

Chicken Chow Mein

WEDNESDAY

Roast Chicken, Roast
Potatoes, Yorkshire
Pudding and Gravy

THURSDAY

Chicken and Pesto Pasta
Bake

FRIDAY

Fish Fingers and Chips

OPTION 2

Cheese and Tomato
Pizza with Pasta

Vegetable Lasagne

Vegan Quorn Sausage
with Roast Potatoes,
Yorkshire Pudding and
Gravy

Mexican Mixed Rice
Wrap (Ve)

Vegetable Goujons and
Chips (Ve)

OPTION 3

Jacket Potato with
Cheese

Jacket Potato with Baked
Beans

Tomato Pasta (Ve)

Jacket Potato with
Baked Beans

Jacket Potato with
Cheese

VEGETABLES

Carrots
Cauliflower

Sweetcorn
Green Beans

Cabbage
Carrots

Broccoli
Carrots

Peas
Baked Beans

DESSERT

Shortbread with
Peaches (Ve)

Rice Pudding topped
with Raisins

Ice Cream with Fruit
Slices

Vanilla Cookie (Ve)

Chocolate Cornflake
Cake (Ve)