

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break			Carrot sticks & hummus	Ham sandwich	Pesto swirls
Main meal			Pork & parmesan meatballs with arrabbiata sauce	Lamb tagine with apricots & roasted peppers	Baked fish with tartare sauce
Vegetarian			Quorn bolognaise with olive bread	Spicy chickpea stuffed roasted squash	Quorn aubergine parmigiana
On the side			Garlic doughballs rainbow salad	Lemon & herb cous cous sauté carrots & courgettes	Chipped potatoes & garden peas
Crudités sticks			Carrot & celery	Peppers & cucumber	Carrot & cucumber
Dessert			Fresh fruit plate	Raspberry cheesecake	Jelly Pots
Afternoon snack			Cut fresh fruit	Cut fresh fruit	Cut fresh fruit

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Cheese scones	Carrot & hummus	Cheese & biscuit	Jam sandwiches	Tomato & cheese pizza
Main meal	Chilli con carne with tortilla chips, guacamole & salsa	Toad in the hole Cumberland sausage served with a Yorkshire pudding & onion gravy	Turkey & smoked bacon carbonara	Chicken Balti with naan bread tomato & onion salsa	Baked fish fillet with tartare sauce
Vegetarian	Mediterranean vegetable & halloumi pitta pocket	Butternut squash & risotto	Quorn & mixed bean lasagne	Stuffed aubergine with butter bean ratatouille	Falafel wrap with tzatziki coleslaw
On the side	Steamed wholegrain rice & chopped taco salad	Mashed potatoes carrot & broccoli florets	Garden salad & wholemeal garlic focaccia	Steamed wholegrain rice & fine green beans	Chipped potatoes & garden peas
Crudités sticks	Carrot & cucumber	Peppers & mange tout	Carrot & celery	Peppers & cucumber	Carrot & cucumber
Dessert	Apple crumble & custard	Berry sponge pudding with fresh cream	Fresh fruit plate	Fruit turnover with Chantilly cream	Jelly pots
Afternoon snack	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Granola bar	Jim jam sandwich	Pepperoni parmiers	Hummus & vegetable sticks	Toasted tea cakes
Main meal	Meat free Monday lunch Mac 'n' cheese topped with sundried tomatoes & crispy leeks or Sweet potato & pea frittata	Stir fry Chinese chicken with hoi sin sauce	Beef lasagne	Chargrilled Spanish chicken	
Vegetarian		Giant sweet chilli tofu spring rolls	Creamy parmesan butternut squash & fresh herb whole wheat pasta	Roasted pepper, red onion & courgette tart	
On the side	Broccoli florets & Pesto whole wheat garlic bread	Stir-fry egg noodles with Chinese vegetables	Ranch salad roasted carrots	Paprika roast potatoes Mediterranean vegetables & olives	
Crudités sticks	Carrot & cucumber	Mange tout & mixed peppers	Carrot & cucumber	Carrot & peppers	
Dessert	Orange marmalade pudding with chocolate sauce	Winter berry crumble with vanilla custard	Sliced fresh fruit	Pear & plum whole wheat cobbler & cream	
Afternoon snack	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	