

# WEEK 1

WC12/1, 2/2, 2/3, 23/3

## Meat Free Monday

Main Meal - Soya Mince Lasagne with Fresh Bread

Vegetarian Main Meal - Vegetarian Chow Mein with Noodles

Cooked Vegetable - Garden Peas

Dessert - Oaty Apple Crumble with Custard

## Tuesday

Main Meal - Chicken Pesto Pasta (Nut free Pasta)

Vegetarian Main Meal - Rice & Bean Burrito

Cooked Vegetable - Sweetcorn

Dessert - Fresh Fruit in Jelly

## Wednesday

Main Meal - Chicken Sausage with Roast Potatoes and Gravy

Vegetarian Main Meal - Soya Mince Cottage Pie

Cooked Vegetable - Fresh Broccoli

Dessert - Organic Yoghurt

## Thursday

Main Meal - BBQ Pulled Chicken Loaded Wedges

Vegetarian Main Meal - Macaroni Cheese

Cooked Vegetable - Green Beans

Dessert - Shortbread Biscuit with Milkshake

## Friday

Main Meal - Beef Burger in a Bun with Chips

Vegetarian Main Meal - Margherita Pizza with Chips

Cooked Vegetable - Baked Beans

Dessert - Organic Ice Lolly



# WEEK 2

WC 19/2, 9/2, 9/3

## Meat Free Monday

Main Meal - Quorn Strip Fajita Wrap with Rice

Vegetarian Main Meal - Pasta with Roasted Sweet Pepper Sauce

Cooked Vegetable - Corn on the Cob

Dessert - Date Chocolate Brownie with Chocolate Sauce

## Tuesday

Main Meal - Jacket Potatoes with Tuna Mayonnaise

Vegetarian Main Meal - Jacket Potatoes with Beans and Cheese

Cooked Vegetable - Garden Peas

Dessert - Cinnamon and Apple Muffin

## Wednesday

Main Meal - Roast Chicken Drumstick, Roast Potatoes & Gravy

Vegetarian Main Meal - Butternut Squash Curry with Wholegrain Rice

Cooked Vegetable - Fresh Broccoli

Dessert - Organic Yoghurt

## Thursday

Main Meal - Beef Bolognese with Pasta

Vegetarian Main Meal - Quorn Sausages with Mashed Potatoes & Yorkshire Puddings

Cooked Vegetable - Sweetcorn

Dessert - Carrot Cake

## Friday

Main Meal - Fish Fingers or Breaded Chicken with Chips

Vegetarian Main Meal - Burger with Chips

Cooked Vegetable - Baked Beans

Dessert - Organic Ice Lolly



# WEEK 3

WC 26/1, 23/2, 16/3

## Meat Free Monday

Main Meal - Lentil Ragu with Couscous

Vegetarian Main Meal - Macaroni Cheese

Cooked Vegetable - Sweetcorn

Dessert - Pineapple Upside Down Cake with Custard

## Tuesday

Main Meal - Chicken Curry with Wholegrain Rice

Vegetarian Main Meal - Quorn Bolognaise

Cooked Vegetable - Garden Peas

Dessert - Chocolate and Beetroot Muffin

## Wednesday

Main Meal - BBQ Pulled Chicken Loaded & Homemade Wedges

Vegetarian Main Meal - Butternut Squash Risotto

Cooked Vegetable - Carrots

Dessert - Organic Yoghurt

## Thursday

Main Meal - Beef Lasagne with Fresh Bread

Vegetarian Main Meal - Sweet and Sour Stir-Fry with Noodles

Cooked Vegetable - Green Beans

Dessert - Fruit Salad

## Friday

Main Meal - Salmon Bites or Fish Fingers with Chips

Vegetarian Main Meal - Halloumi Burger with Chips

Cooked Vegetable - Baked Beans

Dessert - Organic Ice Lolly

