



# Week One

Week commencing 2nd September, 23rd September, 14th October, 11th November, 2nd December



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice 1 <b>RED</b>	Spaghetti: Beef Bolognaise Garlic Bread	Chicken & Leek Pie with Shortcrust Pastry Minted Potatoes	Roast Chicken, Stuffing & Roast Potatoes	Lamb & Spring Vegetable Shepherd's Pie with Sweet Potato Topping	Crisp Panko-crumbed Fish Fillet with Lemon
Main Choice 2 <b>GREEN</b>	Mac 'n' Cheese Garlic Bread	Quorn Bolognaise Tagliatelle	Penne Pasta with Homemade Tomato & Basil	Fresh Veggie Bean Burger in Bun Lettuce and Melting Cheese Baked Wedges	Mexican Chilli Non-Carne with Veggie Mince & Roasted Peppers
Extra Choice <b>YELLOW</b>	Jacket + Cheese & Beans	Jacket + Quorn Mince	Jacket + Egg Mayonnaise	Jacket + Cheese	Jacket + Tuna
Sides	House Salad + Sweetcorn	Spring Greens + Roasted Vegetables	Steamed Carrots + Peas	Broccoli + Salad	Chunky Chips, Peas + Beans
Sweets & Fruit	Lemon Shortbread Cookies	Yoghurt and Fresh Fruit	Canadian Ginger Cake with Custard	Ice Cream	Banana Thick-Shake Or Yoghurt



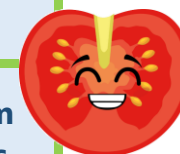


# Week Two

Week commencing 9th September, 30th September, 21st October, 18th November, 9th December



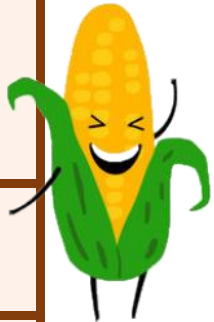
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice 1 <b>RED</b>	Beef Burger Lettuce & Melted Cheese in a Bun	BBQ Marinated Chicken Pieces	Roast Gammon, Yorkshire Pudding Roast Potatoes	Meat & Sweetcorn Topped Pizza with 'Hidden Veggie' Tomato Sauce & Melted Cheese	Fish Finger Bap with Chips
Main Choice 2 <b>GREEN</b>	Spinach & Red Bean Lasagne with Garlic Ciabatta	Veggie Meatballs Tomato & Herb Sauce	Quorn Sausages with Mash	Wholemeal Margherita Pizza with 'Hidden Veggie' Tomato Sauce & Melted Cheese	Bean & Steam Fried Noodles, Sweet Chilli & Ginger Dressing
Extra Choice <b>YELLOW</b>	Jacket + Cheese & Beans	Jacket + Quorn Mince	Jacket + Egg Mayonnaise	Jacket + Cheese	Jacket + Tuna
Sides	Baked Wedges + Salad	Steamed Rice, Spring Greens + Carrots	Broccoli + Mashed Swede	Salad + Sweetcorn	Peas + Beans
Sweets & Fruit	Fruit Smoothie Or Yoghurt	Apple Crumble & Custard	Chocolate Cookies	Yoghurt and Fresh Fruits	Ice Cream





# Week Three

Week commencing 16th September, 7th October, 4th November, 25th November, 16th December



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice 1 <b>RED</b>	Sweet Chilli Chicken Noodles	Pork Sausages and Mash	Roast Beef Yorkshire Pudding Roast Potatoes	Southern Style Chicken with Baked Wedges	Chicken Fajita with Guacamole & Zesty Tomato Salad
Main Choice 2 <b>GREEN</b>	Falafel with Tzatziki Pitta Bread	Quorn Chicken Nuggets & Sweet Potato Wedges	Cornish Style Pastry with Puy Lentils & Butternut Filling Roast Potatoes	Vegetarian Lasagne Garlic Bread	Bean & Butternut Fajita with Guacamole & Zesty Tomato Salad
Extra Choice <b>YELLOW</b>	Jacket + Cheese & Beans	Jacket + Quorn Mince	Jacket + Egg Mayonnaise	Jacket + Coleslaw	Jacket + Tuna
Sides	Sautéed Peppers + Greens	Green Beans + Cauliflower	Cauliflower Cheese + Carrots	Salad + Peas	Chips, Salad + Sweetcorn
Sweets & Fruit	Golden Flapjack	Jelly	Chocolate Fudge Cake	Forest Fruit Muffins	Yoghurt and Fresh Fruit