

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
1st Choice	Pea & leek macaroni cheese	Jacket potato with beef chilli & cheese	Salmon & Pollock cakes	Chicken & sweetcorn pie	Roast beef with Yorkshire pudding & gravy
2nd Choice		Jacket potato with vegetable chilli & cheese	Butternut squash & chickpea cakes	Cauliflower & broccoli cheese bake	Veggie whirl & gravy
Vegetable/Salad Selection	Carrots & cabbage	Sweetcorn	Potato wedges Baked beans	Boiled new potatoes Carrots	Roast potatoes Seasonal vegetables
Dessert	Chocolate & banana oaty squares	Carrot & courgette cake	Fruity custard pots	Berry yoghurt & granola	Rice pudding with red berry sauce
Tea	Bagels with cream cheese & vegetable sticks	Creamy tomato soup with homemade bread & vegetable sticks	Crumpets with egg mayonnaise & vegetable sticks	Baked beans on toast & vegetable sticks	Selection of sandwiches & vegetable sticks
	Summer Fruit muffin	Natural yoghurt with banana	Apricot flapjack	Fruity Custard pot	Mini shortbread biscuits with fruit salad

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
1st Choice	Pizza with hidden vegetables	Beef bolognese	Roast chicken & gravy	Salmon & white fish pie	Turkey curry
2nd Choice		7 Vegetable bolognese	Lentil loaf & gravy	Seasonal vegetable pie	Sweet potato & lentil curry
Vegetable/Salad Selection	Peas & sweetcorn medley	Broccoli Carrots	Roast potatoes Seasonal vegetables	Mashed potatoes Peas Carrots	Rice Green beans Sweetcorn
Dessert	Fruit yoghurt & granola	Pear & chocolate brownie	Natural yoghurt with peaches	Rice pudding with red berry sauce	Apricot flapjack
Tea	Ploughman & vegetable sticks	Toasted muffin with scrambled eggs & baked beans & vegetable sticks	Selection of sandwiches & vegetable sticks	Bagels with cream cheese & vegetable sticks	Seasonal vegetable soup with homemade bread & vegetable sticks
	Banana & blueberry muffin	Fruity custard pots	Lemon & orange yoghurt cake	Summer fruit sponge	Fruit yoghurt & granola

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
1st Choice	Vegetable lasagne	Roast pork with apple sauce & gravy	Mild chicken curry	Pizza with hidden vegetables	Baked fish with herb béchamel
2nd Choice		Vegetable Wellington & gravy	Chickpea curry		Cheese, red onion, sweetcorn & pepper quiche
Vegetable/Salad Selection	Sweetcorn Carrots	Roast potatoes Seasonal vegetables	Rice Broccoli	Peas & sweetcorn medley	Boiled new potatoes Peas
Dessert	Natural yoghurt with banana	Strawberry yoghurt & granola	Beetroot brownie	Fruity custard pots	Summer fruit muffins
Tea	Crumpets with ham, cheese & vegetable sticks	Selection of sandwiches & vegetable sticks	Carrot & cheddar soup with homemade bread & vegetable sticks	Baked beans on toast & vegetable sticks	Ploughman & vegetable sticks
	Tropical flapjack	Mini shortbread biscuits with fruit salad	Mandarin & blueberry medley	Banana bar	Fruit basket