

Week one

31/10 21/11 12/12 02/01 23/01 13/02 06/03 27/03

Tomato Neopolitan Pasta with Sweetcorn
Cheese and Tomato Pizza with Potato Wedges and Corn

Monday

Tuesday

Wednesday

Thursday

Friday

Beef Bolognese Bolognese Pasta with Peas
Cheesy Quiche with New Potatoes and Peas

Banana Bread & Butter Pudding * with Custard
Fresh Fruit
Yoghurt

Chinese Chicken Noodles with Green Beans
Sweet Potato and Vegetable Balti with Rice and Green Beans

Chocolaty Cake with Chocolate Sauce
Fresh Fruit
Yoghurt

Roast Pork & Gravy with Crispy Spuds, Carrots and Cauliflower
Quorn Roast & Gravy with Crispy Spuds, Carrots and Cauliflower

Fruit Flapjack
Fresh Fruit
Yoghurt

Pollock Fish Fingers with Chips Baked Beans or Peas
Cheesy Leek Sausages & Chips Baked Beans or Peas

Fruity Muffin
Fresh Fruit
Yoghurt

Week two

07/11 28/11 09/01 30/01 13/03

Cheese and Vegetable Pasta Bake with Green Beans
Vegetable Omelette with Garlic Bread

Ice Cream
Yoghurt
Fresh Fruit

Pork Sausages with Mash and Gravy Peas & Carrots
Macaroni Cheese with Peas & Carrots

Chocolate Oatie Cookie with Fruit Slices
Yoghurt
Fresh Fruit

Butter Chicken Curry with Rice and Broccoli
Mexican Bean Wrap with Rice and Broccoli

Apple Pie* with Custard
Yoghurt
Fresh Fruit

Roast Turkey with Crispy Spuds Carrots and Swede and Gravy
Cauliflower Cheese with Crispy Spuds Carrots and Swede

Jelly
Yoghurt
Fresh Fruit

Salmon Goujons with Chips Baked Beans or Coleslaw
Vegetarian Burger Baked Beans or Coleslaw

Fruity Sponge Cake* with Custard
Yoghurt
Fresh Fruit

Week three

£2.10

14/11 05/12 16/01 06/02 27/02 20/03

Vegetarian Bolognese Pasta Quorn Mince Pasta
Cheese & Tomato Pizza with Jacket Wedges

Ice Cream
Yoghurt
Fresh Fruit

Turkey Meatballs in Tomato Sauce with Pasta and Carrots
BBQ Bean Wrap with Rice Carrots

Oatie Fruit Crumble* with Custard
Yoghurt
Fresh Fruit

Mild Mexican Beef Chili with Rice and Sweetcorn
Quorn Chow Mein Noodles with Sweetcorn

Banana Sticky Toffee Pudding with Custard
Yoghurt
Fresh Fruit

Roast Chicken with Crispy Spuds with Broccoli & Carrots
Country Vegetable Pie with Crispy Spuds with Broccoli and Carrots

Jelly
Yoghurt
Fresh Fruit

Battered Pollock & Chips Baked Beans and Coleslaw
Cheese Whirl with Chips Baked Beans and Coleslaw

Chocolate Brownie
Yoghurt
Fresh Fruit

There is a vegetarian choice every day... and don't forget that salad is available daily.

Keep yourself topped up with water - it will help you concentrate all day long.

