



WEEK 1				
Monday	Tuesday	Wednesday	Thursday	Fishy Friday
Oven baked ham & omelette with potato croquettes --- Spicy pasta with garlic bread --- Ice cream cake with fruit	Pork baguette with potato boat --- Wholemeal margarita pizza with diced potato --- Sticky toffee cupcake	Roast of the day with gravy & baby boiled potatoes --- Vegetable curry with brown & white rice --- Fruit filled flapjack and custard	Savoury mince & dumpling with creamy mash --- Savoury fajita with rainbow rice --- Iced citrus sponge	Salmon fish finger with lemon mayo with chips --- Veggie stir fry with garlic noodles --- Homemade biscuit

WEEK 2				
Monday	Tuesday	Wednesday	Thursday	Fishy Friday
Healthy Dog in a Bun with French Fries --- Red onion & Tomato Quiche with herby potatoes --- Crispy slice	Spaghetti Bolognese/Lasagne with garlic bread --- Quorn stir fry with jewelled rice --- Frosted tangy muffin	Roast pork with gravy & boiled potatoes --- Vegetable bake with herb infused bread --- Fruit sponge and custard	Chicken in a bbq sauce with baby new potatoes --- Loaded pizza with jacket potato --- Jelly & cream	Cod bites & parsley mayo with chips --- Veg stir fry with duo of rice --- American cookies

WEEK 3				
Monday	Tuesday	Wednesday	Thursday	Fishy Friday
Minced cobbler with creamy mash --- Quorn curry with spicy potatoes --- Assorted ice cream with fruit	Chicken curry with brown & white rice --- Veggie chilli with nachos --- Fruit muffin	Turkey with Yorkshire pudding & gravy with roast potatoes --- Pasta bake with tomato bread --- Sticky ginger cake with ice cream	Meat pie & gravy with parsley potato --- Wholemeal pizza slices with herb coated potatoes --- Rice & shortbread finger	Fish fingers with tomato sauce with chips --- Quorn lasagne with garlic bread --- Chocolate fudge cake

WEEK 4				
Monday	Tuesday	Wednesday	Thursday	Fishy Friday
Burger bun with oven baked wedges --- Mac & cheese with tomato bread --- Chocolate cake & custard	Sausage & gravy with creamy mash --- Quorn cottage pie with skin on new potatoes --- Steamed fruit sponge & custard	Chicken curry with brown & white rice --- Cheese slice with herby cubed potatoes --- Swirly muffin	Beef & Yorkshire pudding with baby boiled potato --- Veg tortilla with pasta spirals --- Orange cornflake tart	Oven baked fish portion with chips --- Veg Bolognese with herby bread --- Jammy Iced Biscuit

Available daily: Fill Up Zone

A daily selection of lighter bites will also be offered such as: Filled jacket potato, homemade soup, hot or cold sandwiches, wraps & pasta with sauce, cheese & crackers.

Also, bread, salad, fresh fruit, assorted low fat yoghurts and drinks.

