

Dates for week 1: 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27th Jan, 10th Mar, 31st Mar

<u>Week one</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Choice 1	Sausage and mash with peas and gravy	Scouse with crusty bread and beetroot / cabbage	Chilli and rice with nachos	Roast chicken with roast potatoes, carrots, Yorkshire pudding and gravy	Fish fillet, chips, and peas
Choice 2	Veggie sausage and mash with peas and gravy	Quorn dippers with herby potatoes and sweetcorn	Veggie chilli and rice with nachos	Chinese 5 spice Quorn fillet with twister fries and peas	
Choice 3	Jacket potato with cheese	Filled roll with cheese Leek and potato soup	Jacket potato with cheese	Panini with cheese Chicken soup	Jacket potato with cheese
Choice 3	Jacket potato with tuna	Filled roll with tuna Leek and potato soup	Jacket potato with tuna	Panini with tuna Chicken soup	Jacket potato with tuna
Choice 3	Jacket potato with beans	Filled roll with ham Leek and potato soup	Jacket potato with beans	Panini with ham Chicken soup	Jacket potato with beans

Dates for week 2: 11th Oct, 2nd Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar

<u>Week two</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Choice 1	Cottage pie with veg and gravy	Hunters chicken with mediterranean cous cous	Salmon and broccoli pasta bake	Roast beef, roast potatoes, carrots, Yorkshire pudding and gravy	Fish fingers, chips, and peas
Choice 2	Quorn cottage pie with veg and gravy	Veggie quiche with mediterranean cous cous	Quorn pieces tikka masala with rice and naan	Vegetable pasta bake	
Choice 3	Jacket potato with cheese	Filled roll with cheese Tomato and basil soup	Jacket potato with cheese	Panini with cheese Minestrone soup	Jacket potato with cheese
Choice 3	Jacket potato with tuna	Filled roll with tuna Tomato and basil soup	Jacket potato with tuna	Panini with tuna Minestrone soup	Jacket potato with tuna
Choice 3	Jacket potato with beans	Filled roll with ham Tomato and basil soup	Jacket potato with beans	Panini with ham Minestrone soup	Jacket potato with beans

Dates for week 3: 18th Nov, 9th Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar

<u>Week three</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Choice 1	Mince and onion pie with mash, gravy and peas	Scrambled egg with hash brown, beans, mushrooms and bacon or sausage	Chicken curry with rice and naan bread	Roast gammon and roast potatoes with veg and gravy	Fish stars with wedges and peas
Choice 2	Piri Piri Quorn fillet with rice and peas	Scrambled egg with Quorn sausage, hash brown and beans	Veggie burger with herby potatoes and beans	Mac and cheese with garlic bead	
Choice 3	Jacket potato with cheese	Filled roll with cheese Chicken soup	Jacket potato with cheese	Panini with cheese Leek and potato soup	Jacket potato with cheese
Choice 3	Jacket potato with tuna	Filled roll with tuna Chicken soup	Jacket potato with tuna	Panini with tuna Leek and potato soup	Jacket potato with tuna
Choice 3	Jacket potato with beans	Filled roll with ham Chicken soup	Jacket potato with beans	Panini with ham Leek and potato soup	Jacket potato with beans