

Dates for week 1: 1st September, 22nd September, 13th October

<u>Week one</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Main 1	Pizza of the day served with potato wedges, salad and coleslaw (Meat pizza) -	Hash brown, scrambled egg, sausages, beans and mushrooms	Spaghetti Bolognese with garlic bread	Roast chicken, roast potatoes, vegetables and gravy	Fish fillet, chips and beans / spaghetti hoops
Main 2 veggie option	Cheese and tomato pizza served with potato wedges, salad and coleslaw	Hash brown, scrambled egg, veggie sausages, beans and mushrooms	Quorn spaghetti Bolognese with garlic bread	Quorn burger with roast potatoes, vegetables and gravy	Vegetable fingers, chips and beans / spaghetti hoops
Sandwiches	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)
Jacket potatoes	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection

Dates for week 2: 8th September, 29th September, 20th October

<u>Week two</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Main 1	Tuna pasta served with garlic bread	Grilled chicken fillet in a bun with potato wedges	Chicken tikka masala and rice served with naan bread	Roast beef served with roast potatoes, vegetables and gravy	Fish fingers, chips and beans / spaghetti hoops
Main 2 veggie option	Tomato pasta served with garlic bread	Quorn burger in a bun with potato wedges	Quorn curry and rice served with naan bread	Quorn sausages with roast potatoes and vegetables	Quorn nuggets, chips and beans
Sandwiches	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)
Jacket potatoes	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection

Dates for week 3: 15th September, 6th October

<u>Week three</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Main 1	Meatball pasta served with garlic bread	BBQ chicken burrito served with savoury rice and salad	Chicken korma served with rice and naan bread	Roast gammon, roast potatoes, vegetables and gravy	Salmon fish fingers, chips and beans
Main 2 veggie option	Quorn meatball pasta served with garlic bread	BBQ Quorn burrito served with savoury rice and salad	Quorn curry served with rice and naan bread	Quorn fillet, roast potatoes, vegetables and gravy	Quorn nuggets, chips and beans
Sandwiches	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)	Choice of ham, cheese or tuna sandwich with salad selection (Tomato soup)
Jacket potatoes	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection	Oven baked jacket potato with tuna, cheese or beans served with salad selection