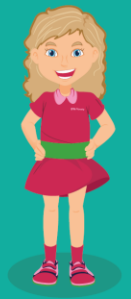




WC – 02.11 / 23.11 / 14.12

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Pork Sausage and Mash with Onion Gravy	Chicken, Tomato & Basil Pasta & Garlic Bread	Roast Turkey, Stuffing, Roast Potatoes, Yorkie and Gravy	Cottage Pie with Root Vegetable Mash	Fish Fingers and Chips
Vegetarian Main Meal	Cheese, Tomato and Spinach Puff Pastry Slice	Tomato & Basil Pasta & Garlic Bread	Macaroni and Broccoli Bake	Quorn Cottage Pie with Root Vegetable Mash	Southern Spiced Crispy Quorn Burger and Chips
Vegetables	Garden Peas	Carrots	Roasted Root Vegetables	Sweetcorn	Garden Peas
Jacket potatoes	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese
Pudding	Chocolate Brownie	Classic Shortbread	Flapjack	Blueberry Muffin	Cookie
Fresh Fruit	Satsuma	Banana	Apple	Satsuma	Banana



WC – 09.11 / 30.11

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Bolognese with Pasta	Ham and Cheese Pizza with Baked Wedges	Roast Gammon, Stuffing, Roast Potatoes, Yorkie and Gravy	BBQ Chicken Breast and Baked Wedges	Fish and Chips
Vegetarian Main Meal	Baked Veggie Nugget Tortilla Twister	Roasted Vegetable Lasagne	Quorn Roast, Stuffing, Roast Potatoes, Yorkie and Gravy	Margherita Pizza and Baked Wedges	Roasted Pepper and Tomato Quiche with Chips
Vegetables	Garden Peas	Carrots	Steamed Seasonal Vegetables	Sweetcorn	Garden Peas
Jacket potatoes	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese
Pudding	Chocolate Brownie	Classic Shortbread	Flapjack	Blueberry Muffin	Cookie
Fresh Fruit	Satsuma	Banana	Apple	Satsuma	Banana



WC – 16.11 / 07.12

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Turkey Meatballs in Tomato Sauce with Whole Wheat Pasta	Beef Burger with Wedges & Salad	Roast Pork, Stuffing, Roast Potatoes, Yorkie and Gravy	Beef Lasagne	Salmon Fishcakes and Chips
Vegetarian Main Meal	Quorn and Vegetable Bake with Crispy Potato Topping	Veggie Burger with Wedges & Salad	Veggie Sausages, Stuffing, Roast Potatoes, Yorkie and Gravy	Butternut Squash, Spinach and Coconut Curry with Wholegrain Rice	Broccoli and Cheddar Cheese Quiche with Chips
Vegetables	Broccoli and Carrots	Mixed Seasonal Vegetables	Roasted Root Vegetables	Green Beans	Garden Peas
Jacket potatoes	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese
Pudding	Chocolate Brownie	Classic Shortbread	Flapjack	Blueberry Muffin	Cookie
Fresh Fruit	Satsuma	Banana	Apple	Satsuma	Banana