

# WEEK 1

Monday

Tuesday

Wednesday

Thursday

Friday



Beef/Veggie Burger in a Bun with Potatoes Wedges and Baked Beans or Sweetcorn



Minced Beef/Veggie Mince Pie with New Potatoes and Seasonal Vegetables



Roast Pork/Quorn Fillet and Apple Sauce with Roast/Mashed Potatoes Seasonal Vegetables and Gravy



Chicken/Quorn Curry with Rice Naan Bread with Seasonal Vegetables



MSC Fish Or Cheese and Tomato Pizza and Chips Garden Peas or Baked Beans



Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad



Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad



Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad



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Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad



Chocolate Cookie with a Fruit Wedge



Toffee Apple Sponge with Custard



Fruit Jelly



Fresh Fruit Platter or Cheese and Crackers



Caramel Crispy Cake with a Fruit Wedge

## WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken/Vegetarian Goujons served with Tomato Sauce Potato Wedges and Seasonal Vegetables



Cottage/Veggie Mince Pie with Seasonal Vegetables



Roast Gammon/Quorn Fillet and Pineapple with Roast/Mashed Potatoes Seasonal Vegetables and Gravy



Chicken/Quorn Fried Rice with Curry Sauce and Seasonal Vegetables



Cheese and Tomato Pizza and Chips Garden Peas or Baked Beans



Bacon, Tomato and Cheese Pasta with Salad



Tuna and Cucumber on a Wholemeal Roll Served with Salad



Pasta Ham & Sweetcorn



Ham and Tomato Baguette Served with Salad



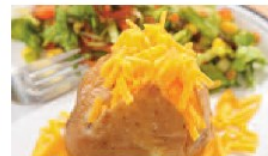
Pasta with a Tomato and Cheese sauce



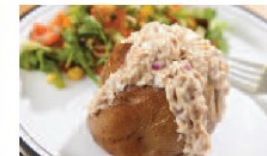
Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad



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Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad



Chocolate Crispy Cake with a Fruit Wedge



Apple Pie with Custard



Carrot Cake



Fresh Fruit Platter or Sugar Free Fruit Jelly with a Fruit Wedge



Ginger Biscuit with a Fruit Wedge



# WEEK 3

Monday

Tuesday

Wednesday

Thursday

Friday



Pork/Quorn Sausages with Scrambled Egg Hash Browns Baked Beans Mushroom and Tomatoes



Beef/Vegetarian Lasagne with Garlic Bread and Seasonal Vegetables



Roast Chicken/Quorn Fillet served with Sage & Onion Stuffing with Roast/Mashed Potatoes Seasonal Vegetables and Gravy



Chicken/Quorn Curry with Rice Naan Bread with Seasonal Vegetables



MSC Fish Or Cheese and Tomato Pizza and Chips Garden Peas or Baked Beans



Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad



Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad



Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad



Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad



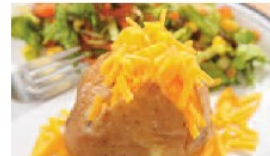
Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad



Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad



Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad



Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad



Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad



Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad



Chocolate Brownie with a Fruit Wedge



Fruit Flapjack Finger



Lemon Drizzle Cake



Fresh Fruit Platter or Fruit Mousse



Melting Moment with a Fruit Wedge