

WEEK 1

03/09/2018, 24/09/2018, 15/10/2018, 12/11/2018,
03/12/2018, 07/01/2019, 28/01/2019

MONDAY

Sausage & Mash with Gravy
or
Shepherdess Pie (v)
or
Jacket Potato with Choice of Filling (v)
Carrots, Garden Peas
Strawberry Mousse

TUESDAY

Lasagne with Garlic Bread
or
Golden Veggie Rice (v)
or
Jacket Potato with Choice of Filling (v)
Green Beans, Golden Corn
Reduced Sugar Raspberry & Apple Cake with Custard

WEDNESDAY

Roast Chicken with Stuffing, Gravy & Roast Potatoes
or
Cheese & Onion Pinwheel (v)
or
Jacket Potato with Choice of Filling (v)
Broccoli, Carrots
Strawberry Jelly & Pineapple Chunks (v)

THURSDAY

Cheese & Tomato Pizza (v)
or
Vegetable Curry with Rice (v)
or
Jacket Potato with Choice of Filling (v)
Green Beans, Golden Corn
Peach Crumble with Custard

FRIDAY

MSC Salmon Fish Fingers or White Fish Fingers with
Chips & Tomato Sauce
or
Veggie Hot Dog with Chips & Tomato Sauce (v)
or
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Arctic Roll

WEEK 2

10/09/2018, 01/10/2018, 29/10/2018, 19/11/2018,
10/12/2018, 14/01/2019, 04/02/2019

MONDAY

Macaroni Bolognese
or
Vegetable Chow Mein (v)
or
Jacket Potato with Choice of Filling (v)
Golden Corn, Mixed Salad
Syrup Sponge with Custard

TUESDAY

Hot Dog with Jacket Wedges & Tomato Sauce
or
Cheesy Broccoli Quiche with New Potatoes (v)
or
Jacket Potato with Choice of Filling (v)
BBQ Beans, Super Greens
Chocolate & Beetroot Brownie

WEDNESDAY

Roast Beef with Gravy & Roast Potatoes
or
Veggie Bolognese with Pasta (v)
or
Jacket Potato with Choice of Filling (v)
Broccoli, Carrots
Orange Jelly & Mandarins (v)

THURSDAY

Cottage Pie
or
Ratatouille Pasta (v)
or
Jacket Potato with Choice of Filling (v)
Green Beans, Golden Corn
Reduced Sugar Pineapple & Peach Crumble with Custard

FRIDAY

Battered Cod with Chips & Tomato Sauce
or
Cheese & Tomato Puff with Chips (v)
or
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Strawberry Trifle

WEEK 3

17/09/2018, 08/10/2018, 05/11/2018, 26/11/2018,
17/12/2018, 21/01/2019, 11/02/2019

MONDAY

Beef Burger with Jacket Wedges & Tomato Sauce
or
Eggy Pie (v)
or
Jacket Potato with Choice of Filling (v)
Garden Peas, Mixed Salad
Apple & Pear Crumble with Custard

TUESDAY

Spaghetti Bolognese
or
Quorn Paella (v)
or
Jacket Potato with Choice of Filling (v)
Green Beans, Cauliflower
Flapjack

WEDNESDAY

Roast Turkey with Gravy & Roast Potatoes
or
Mac & Cheese (v)
or
Jacket Potato with Choice of Filling (v)
Shredded Cabbage, Carrots
Strawberry Jelly & Peach Slices (v)

THURSDAY

Chicken & Leek Pie with Mash Potato Topping
or
All Day Veggie Breakfast (v)
or
Jacket Potato with Choice of Filling (v)
Broccoli, Baked Beans
Reduced Sugar Pineapple & Ginger Sponge with Custard

FRIDAY

Breaded Fish with Chips & Tomato Sauce
or
2 Cheese French Bread Pizza (v)
or
Jacket Potato with Choice of Filling (v)
Garden Peas, Golden Corn
Vanilla Cookie & Yoghurt