

| Week 1<br>Week 4 | Monday 1  | Tuesday   | Wednesday                       | Thursday  | Friday                          |
|------------------|---|---|---------------------------------|---|---------------------------------|
| Choice 1         | Margherita Pizza                                  | Roast Dinner and Gravy                                | Chicken Curry                   | Spaghetti Bolognese                               | Fish goujon with Lemon Mayo Dip |
| Choice 2         | Vegetable Quiche                                  | Vegetarian Paella                                     | Jacket Potato                   | Veggie Balls in Sauce                             | Cheese Omelette                 |
| Choice 3         | Sandwich Selection (Veggie)                       | Pasta and Sauce                                       | Hot Sandwich Selection          | Hot Sandwich Special                              | Pasta and Sauce                 |
| Accompaniments   | Baked Jacket Wedges or Mini Corn on the Cob       | Roast and Mashed Potatoes, Spring Cabbage and Carrots | Sunshine Vegetable Rice or Peas | Wholemeal Spaghetti, Naan bread, Mixed Vegetables | Sauté Potatoes and Peas         |
| Second Course    | Blueberry Frozen Yogurt with Seasonal Fruit Salad | Cheese and Crackers with Vegetables                   | Chocolate and Beetroot Muffin   | Strawberry and Kiwi Mousse                        | Jelly and Fruit                 |

| Week 2<br>Week 5 | Monday                                 | Tuesday                         | Wednesday                             | Thursday  | Friday               |
|------------------|--|---------------------------------|---------------------------------------|---|----------------------|
| Choice 1         | Vegetarian Brunch or Potato Quesadilla | Sausage and Onion Gravy         | Tandoori Chicken                      | Shepherds Pie                                       | Bubble Fish Fillet   |
| Choice 2         | Cheese Whirl                           | Spanish Omelette                | Quorn and Vegetable Stir-fry          | Cheese and Bean Enchilada                           | Vegetable Pasta Bake |
| Choice 3         | Jacket Potato                          | Sandwich Selection              | Pasta and Sauce                       | Hot Sandwich Special                                | Jacket potato        |
| Accompaniments   | Jacket Wedges, Baked Beans             | Mashed Potatoes, Peas or Carrot | Sunshine Rice or Mini Corn on the Cob | Roast Potatoes or Mixed Vegetable                   | Chips or Peas        |
| Second Course    | Pineapple and Yogurt Crush             | Fruity Cookie                   | Chocolate Frozen Yogurt with Peaches  | Cheese and Crackers with Vegetables and Fruit Stick | Blueberry Muffin     |

| Week 3         | Monday                      | Tuesday                   | Wednesday                            | Thursday   | Friday                           |
|----------------|-----------------------------|---------------------------|--------------------------------------|--|----------------------------------|
| Choice 1       | Margherita Pizza            | Meatballs in Tomato Sauce | Homemade Lamb Curry                  | Sweet Chilli Chicken                               | Salmon and Sweet Potato Fishcake |
| Choice 2       | Vegetarian Bolognese        | Cheese and Potato Bake    | Macaroni Cheese                      | Vegetable Chilli Con Carne                         | Vegetarian Sausage Roll          |
| Choice 3       | Sandwich Selection (Veggie) | Pasta Sauce               | Jacket Potato                        | Hot Sandwich Selection                             | Pasta and Sauce                  |
| Accompaniments | Sautéed Potatoes            | Wholemeal Pasta           | Sunshine Rice                        | Vegetable rice, Crunchy Carrot and Cucumber Sticks | Creamed Potatoes or Peas         |
| Second Course  | Fruit Salad with Yogurt     | Eton Mess                 | Fruit Salad with Mango Frozen Yogurt | Milkshake Jelly                                    | Arctic Roll with Fruit           |