

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Pork meatballs	Shepard's pie	Roast chicken	Meat pizza	Fish
Vegetarian	Vegetable meatballs	Quorn pie	Vegetarian sausage	Cheese and tomato pizza	Vegetable fingers
Accompaniments	Pasta Garlic bread	Broccoli Gravy	Roast potatoes Carrots Cauliflower Stuffing Yorkshire Pudding	Sweetcorn Coleslaw	Wedges Beans Peas
Dessert	Chocolate sponge and chocolate custard	Gingerbread man	Flapjack and milkshake	Jelly and ice cream	Cornflake tart and custard

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Eaters	Bolognaise	Chicken chow mein	Roast pork	Breakfast brunch	Beef burger in a bun
Vegetarian	Vegetable bolognaise	Quorn chow mein	Quorn Sausage	Breakfast brunch with Quorn sausage	Vegetable burger in a bun
Accompaniments	Penne pasta Crusty bread	Baby corn	Roast potatoes Carrots Broccoli Yorkshire Pudding Gravy	Waffle Beans Scrambled egg	Salad Coleslaw
Dessert	Syrup sponge and custard	Fudge tart and cream	Cookie and milkshake	Cheesecake	Ice cream

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Eaters	Chicken curry	Quiche Lorraine	Roast beef	Meat pitta bread pizza	Chicken dippers
Vegetarian	Quorn Curry	Cheese and onion quiche	Quorn fillet	Cheese and tomato pitta bread pizza	Quorn dippers
Accompaniments	Rice Naan bread	Potatoes Salad	Roast Potatoes Swede and carrot mash Roast parsnips Yorkshire Pudding	Sweetcorn Coleslaw	Chips Beans Peas
Dessert	Bakewell tart and custard	Artic roll	Fruit crumble and custard	Frozen yoghurt	Waffle bar

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Eaters	Sausage	Macaroni cheese	Roast turkey	Chilli con carne	Chicken and vegetable fajitas
Vegetarian	Vegetable sausage	Macaroni cheese	Quorn Fillet	Quorn mince chilli con carne	Quorn Fajitas
Accompaniments	Mash potato Peas Gravy	Sweetcorn Garlic bread	Roast Potatoes Carrots Broccoli Stuffing Yorkshire Pudding	Rice Nachos	Wedges Sweetcorn Beans
Dessert	Jam tart and custard	Trifle	Lemon drizzle sponge	Ice cream	Rice crispy cake