

Week 1		Week 2		Week 3	
MONDAY		MONDAY		MONDAY	
Main Meal	Chicken Balti, Wholegrain Rice, Sweetcorn & Crusty Bread, Iced Shortbread/Yoghurt/Fruit	Main Meal	Chicken Sweet & Sour, Wholegrain Rice, Sweetcorn & Crusty Bread, Cartmel Crunch Yoghurt/Fruit	Main Meal	Chicken Tikka, Wholegrain Rice & Crusty Bread with Sweetcorn, Iced Shortbread/Yoghurt/ Fruit
Main Meal (Vegetarian)	Vegetable Balti, Wholegrain Rice, Sweetcorn & Crusty Bread, Iced Shortbread/Yoghurt/Fruit	Main Meal (Vegetarian)	Vegetable Sweet & Sour, Wholegrain Rice, Sweetcorn & Crusty Bread, Cartmel Crunch Yoghurt/Fruit	Main Meal (Vegetarian)	Vegetable Tikka with Wholegrain Rice & Crusty Bread and Sweetcorn with Iced Shortbread/Yoghurt/Fruit
Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Iced Shortbread/Yoghurt/Fruit	Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Cartmel Crunch Yoghurt/Fruit	Jacket Potato	Oven Baked Jacket Potato filled with Cheese/Tuna/Beans & Salad, Iced Shortbread/Yoghurt/Fruit
Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Iced Shortbread/Yoghurt/Fruit	Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Cartmel Crunch Yoghurt/Fruit	Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Iced Shortbread/Yoghurt/Fruit
TUESDAY		TUESDAY		TUESDAY	
Main Meal	Pepperoni Pizza with Beans, Rice pudding with Stewed Apple/Yoghurt/Fruit	Main Meal	Pepperoni Pizza with Beans, Iced Shortbread/Yoghurt/Fruit	Main Meal	Pepperoni Pizza with Beans, Cartmel Crunch Yoghurt/Fruit
Main Meal (Vegetarian)	Cheese Pizza with Beans, Rice Pudding with Stewed Apple/Yoghurt/Fruit	Main Meal (Vegetarian)	Cheese Pizza with Beans, Iced Shortbread/Yoghurt/Fruit	Main Meal (Vegetarian)	Cheese Pizza with Beans, Cartmel Crunch Yoghurt/Fruit
Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Rice Pudding with Stewed Apple/Yoghurt/Fruit	Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Iced Shortbread/Yoghurt/Fruit	Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Cartmel Crunch Yoghurt/Fruit
Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & vegetable Sticks, Rice Pudding with Stewed Apple/Yoghurt/Fruit	Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Iced Shortbread/Yoghurt/Fruit	Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Cartmel Crunch Yoghurt/Fruit
WEDNESDAY		WEDNESDAY		WEDNESDAY	
Main Meal	Chicken Pot Pie, Mash, Carrots & Gravy, Fresh Fruit Salad/Ice Cream/Yoghurt	Main Meal	Meat and Potato Pie, Carrots & Gravy, Fresh Fruit Salad/Ice Cream/Yoghurt	Main Meal	Cheese and Potato Pie, Carrots & Gravy, Fresh Fruit Salad/Ice Cream/Yoghurt
Main Meal (Vegetarian)	Bean and Cheese Pot Pie, Mash, Carrots & Gravy, Fresh Fruit Salad/Ice Cream/Yoghurt	Main Meal (Vegetarian)	Vegan Mince and Potato Pie, Carrots & Gravy, Fresh Fruit Salad/Ice Cream/Yoghurt	Main Meal (Vegetarian)	Cheese and Potato Pie, Carrots & Gravy, Fresh Fruit Salad/Ice Cream/Yoghurt
Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Fresh Fruit Salad/Ice Cream/Yoghurt	Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Fresh Fruit Salad/Ice Cream/Yoghurt	Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Fresh Fruit Salad/Ice Cream/yoghurt
Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & vegetable Sticks, Fresh Fruit Salad/Ice Cream/Yoghurt	Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Fresh Fruit Salad/Ice Cream/Yoghurt	Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Fresh Fruit Salad/Ice Cream/Yoghurt
THURSDAY		THURSDAY		THURSDAY	
Main Meal	Tomato & Basil Wholegrain Pasta, topped with Cheese, served with Broccoli & Crusty Bread, Fruity Flapjack/Yoghurt/Fruit	Main Meal	Beef Bolognaise, Wholegrain Pasta topped with Cheese, Served with Broccoli & Crusty Bread, Fruity Flapjack/Yoghurt/Fruit	Main Meal	Tuna & Sweetcorn Pasta Bake with Broccoli and Crusty Bread, Fruity Flapjack/Yoghurt/Fruit
Main Meal (Vegetarian)	Tomato & Basil Wholegrain Pasta, topped with cheese, served with Broccoli & Crusty Bread, Fruity Flapjack/Yoghurt/Fruit	Main Meal (Vegetarian)	Tomato & Basil Wholegrain Pasta topped with cheese, served with Broccoli & Crusty Bread, Fruity Flapjack/Yoghurt/Fruit	Main Meal (Vegetarian)	Tomato & Basil Pasta topped with Cheese, served with Broccoli and Crusty Bread, Fruity Flapjack/Yoghurt/Fruit
Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Fruity Flapjack/Yoghurt/Fruit	Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Fruity Flapjack/Yoghurt/Fruit	Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Fruity Flapjack/Yoghurt/Fruit
Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Fruity Flapjack/Yoghurt/Fruit	Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Fruity Flapjack/Yoghurt/Fruit	Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Fruity Flapjack/Yoghurt/Fruit
FRIDAY		FRIDAY		FRIDAY	
Main Meal	Poppin' Chicken, Chips & Peas, Chocolate Pudding and Custard/Yoghurt/Fruit	Main Meal	Salmon Fishfingers, Chipe & Peas, Apple Crumble and Custard/Yoghurt/Fruit	Main Meal	Chicken Goujons, Chips & Peas, Banana Cake and Custard/Yoghurt/Fruit
Main Meal (Vegetarian)	Vegetable Burger, Chips & Peas, Chocolate Pudding/Yoghurt/Fruit	Main Meal (Vegetarian)	Vegetable Sausage, Chips & Peas, Apple Crumble and Custard/Yoghurt/Fruit	Main Meal (Vegetarian)	Vegetable Burger, Chips & Peas, Banana Cake and Custard/Yoghurt/Fruit
Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Chocolate Pudding and Custard/Yoghurt/Fruit	Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Apple Crumble and Custard/Yoghurt/Fruit	Jacket Potato	Oven Baked Jacket Potato with Cheese/Tuna/Beans & Salad, Banana Cake and Custard/Yoghurt/Fruit
Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Chocolate Pudding and Custard/Yoghurt/Fruit	Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & Vegetable Sticks, Apple Crumble and Custard/Yoghurt/Fruit	Sandwiches	Ham/Cheese/Tuna/Jam on Wholemeal Bread & v vegetable Sticks, Banana Cake and Custard/Yoghurt/Fruit

