

Week 1

Monday

Oven Baked Sausage
Mash Potatoes, peas
& Onion Gravy

or

V Quorn Bolognese **H** &
Homemade Garlic Bread

Oat Cookies

Tuesday

Chicken Curry **H**
Basmati Rice & Naan Bread

or

V Cheese & Potato Pie
Baked Beans

Choc Chip Muffin **V**

Wednesday

Roast Gammon or V Quorn Fillet **H**
Cauli and Broccoli mix
Roast Potatoes & Gravy

or

V Baked Cherry Tomato Frittata,
Potato Wedges
Side salad

Fruit Jelly

Thursday

V Quorn Nuggets **H**
Mixed Vegetable Rice
Sweet & Sour or Curry Sauce

or

V All in Stew
Warm Crusty Bread
Beetroot

Iced Fairy Cake **V H**

Friday

Fishy Friday
Chipped Potatoes
Garden Peas

or

V Pasta Bake **H**
Crispy Green Salad
Shortbread Finger **V H**

Available daily:
Fresh sandwiches, jacket potatoes
with fillings, salad and fresh bread
Also available daily:
Fat free yoghurt, fresh fruit, fresh fruit juice,
semi skimmed milk and fresh water
V Suitable for vegetarians
H Halal
HA Halal Alternative - please ask for information

Munchkins

Let's make some HEALTHY CHOICES

Week 2

Monday

V Cooks Choice Pizza **H**
Mixed Salad &
Seasoned Wedges

or

Meatballs in Gravy
Mixed Vegetables
& Seasoned Wedges

Homemade Biscuit **V H**

Tuesday

Sausage & Bean filled
Yorkshire Puddings &
Mashed Potatoes

or

V Pasta Bake topped with
Mozzarella Cheese **H**
Garlic Bread

Jam & Coconut Sponge **V**

Wednesday

Roast Turkey & Gravy
Carrot & Sweetcorn
Roast Potatoes

or

V Baked Quorn Sausage **H**
Gravy
Carrots & Sweetcorn
Roast Potatoes
Frozen Yoghurt Pot **V**

Thursday

Chicken Tikka Masala **H**
Yellow Rice
Naan Bread

or

V Cheese & Potato Whirls
Baked Beans
Choice of Fresh Fruit or
Cheese & Crackers

Friday

Fishy Friday
Chipped Potatoes
Peas & Sweetcorn
V Cheese & Red Onion Quiche
Peas & Sweetcorn
Chipped Potatoes
Chocolate And Banana Muffin **V H**

Week 3

Monday

Sausage Roll & Baked Beans
Oven baked Mini Potato Waffles

or

V Quorn Curry **H**
Rice
Naan Bread
Cherry Shortbread **V H**

Tuesday

Spaghetti Bolognese
Crusty Bread

or

V Cheese **H** or Pepperoni Pizza Slice
Coleslaw & Jacket Potato

V Jam Tart & Custard

Wednesday

Roast Chicken **H** & Gravy
Broccoli, Cauli and Carrot mix
Roast Potatoes

or

V Quorn Mince & Veg pie
Roast Potatoes

V Fruit Jelly **H** & Cream

Thursday

Cottage Pie
Diced Carrots

or

V Chicken & Bacon or Quorn **H**
Pasta
Broccoli

Apple & Raisin Flap Jacks **V H**

Friday

Fishy Friday
Peas & Skinny Fries

or

V Vegetable Burrito & Salad
Tomato and Sweetcorn Salsa
Lemon Drizzle Cake **V H**

Protein
gives you
strength



Broccoli
contains more
calcium than milk

Eat more fresh
food to boost
your brain



Vitamin C
fights
infections

Raspberries
are good for
healthy bones
and skin

