

# WEEK 1

## MONDAY

Three cheese & tomato pasta

Vegetarian meatballs in a BBQ sauce served with wholegrain rice

Vegetable curry served with wholegrain rice and a naan bread

Jacket potato served with baked beans, cheese or tuna mayo

Garlic bread

Choose from a selection of 6 salads

Apple & cinnamon brownie

Fresh fruit portions

Yoghurt

## TUESDAY

Minced beef pie

Nacho Quorn fillet( a quorn fillet with a pizza topping, crushed tortillas & grated cheese)

Macaroni Cheese with bloomer bread

Jacket potato served with bolognaise

Fresh mash potato

Fresh vegetables

Salad selection

Gingerbread and custard

Fresh fruit portions

Yoghurt

## WEDNESDAY

Roast chicken

Braised Quorn fillet

Golden Vegetable Loaf all served with stuffing, Yorkshire pudding & gravy

Jacket potato served with cheese or coleslaw.

Roast potatoes

Fresh vegetables Salad selection

Fresh fruit bar – lots to choose from!

Yoghurt

## THURSDAY

All Day Breakfast

All Day Vegetarian Breakfast Includes – bacon, sausage or veggie sausage, omelette or scrambled egg, hash brown, baked beans or spaghetti, baked tomatoes & mushrooms

Fresh pasta with a tomato & basil sauce

Jacket potato with baked beans and cheese

Bread and butter

Funny Face Ice cream with a wafer

Fresh fruit

Yoghurt

## FRIDAY

Fish fingers served with ketchup

Vegetable nuggets served with ketchup

Cheese & broccoli quiche

Jacket potato served with tuna mayo or cheese

Crispy chips

Peas and sweetcorn

Salad

Oat cookie and a milkshake

Fresh fruit portions

Yoghurt