

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

Sausage Roll or Vegetarian Sausage Roll.

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