

Week One

Day

Main course

Monday

Thin Crispie Pizza
Veggie Burger
Jacket Potato with Tuna
Ham Sandwich

Tuesday

Farmhouse Pork Pie
Ravioli
Jacket Potato with Beans
Tuna Sandwich

Wednesday

Roast Beef & Yorkshire Pudding
Vegetarian Sausage & Yorkshire Pudding
Jacket Potato with Cheese
Egg Sandwich

Thursday

Beef Pasta Bolognaise
Ploughman's Lunch
Jacket Potato with Tuna
Chicken Tikka Wrap

Friday

Seaside Salmon Portion
Quorn Pizza Pattie
Jacket Potato with Beans
Cheese Sandwich

Week 2

Day

Main course

Monday

Organic Pork Meatballs
Meat Free Cottage Pie
Jacket Potato with Tuna
Ham Sandwich

Tuesday

Chicken Tikka Masala
Sweet & Sour Quorn
Jacket Potato with Beans
Tuna Sandwich

Wednesday

Roast Pork & Apple Sauce
Mediterranean Pasta Bake
Jacket Potato with Cheese
Egg Sandwich

Thursday

Minced Beef Pie
Vegetable Fingers
Jacket Potato with Beans
Cheese Sandwich

Friday

Fish Fingers
Macaroni Cheese
Jacket Potato with Cheese
Chicken Tikka Wrap

Week 3

Day

Main course

Monday

Pork Sausages

Omelette

Jacket Potato with Beans

Egg Sandwich

Tuesday

Chicken & Tomato Pasta

Quiche

Jacket Potato with Tuna

Cheese Sandwich

Wednesday

Roast Gammon & Pineapple

Vegetable Sausage

Jacket Potato with Cheese

Chicken Tikka Wrap

Thursday

Pork & Stuffing Pie

Quorn Balls

Jacket Potato with Beans

Tuna Sandwich

Friday

Fish Portion

Pasta Bake

Jacket Potato with Cheese

Ham Sandwich