

Week 1

Monday

BBQ Chicken
with Sunshine Vegetable Rice

or

V Mac & Cheese
with Mixed Green Salad

Shortbread Biscuit

Tuesday

Big Breakfast

or

V Tuna Pasta Bake
& Crispy Salad

Oat, Apple & Honey Slice

Wednesday

Chicken & Vegetable Pie,
Carrots & Peas,
Roast Potatoes

or

V Quorn & Bean Chilli
with Boiled Rice

Fruit Jelly & Cream

Thursday

Beef Lasagne & Garlic Bread
with Side Salad

or

V Sweet Potato & Chickpea Curry,
Vegetable Rice

Fruit Sponge & Custard

Friday

Fishy Friday
Garden Peas & Sweetcorn,
Chipped Potatoes

or

V Broccoli & Cauli Cheesy
Pasta Bake

Chocolate & Banana Brownie

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

Munchkins

Meals that make a
Difference

Week 2

Monday

Cooks Choice Pizza,
Coleslaw, Mixed Salad,
½ Jacket Potato

or

V Tomato, Basil & Roasted
Vegetable Pasta
with Crispy Salad

Peach & Pineapple Flapjack

Tuesday

Oven Baked Sausage,
Mashed Potato & Garden Peas

or

V Veggie Curry with Rice
& Naan Bread

Homemade Mini Biscuit
& Fresh Fruit Slice

Wednesday

Honey Glazed Gammon,
Cauliflower, Broccoli & Gravy
with Paprika Roasted Potatoes

or

V Vegetable Tray Bake,
Crispy Green Salad

Jam Sponge & Custard

Thursday

Chicken Korma Curry
with 50/50 Rice,
Naan Bread

or

V Cheese & Potato Puff,
Baked Beans

Ice Cream Pot

Friday

Fishy Friday
Mushy Peas
Chipped Potatoes

V Veggie Fajitas with Mixed
Salad, Chipped Potatoes

Lemon Drizzle Cake

Week 3

Monday

Sausage & Tomato Pasta
with Mixed Salad

or

V Veggie
Cottage Pie & Greens

Fruity Oat Cookie

Tuesday

Chicken Tikka Curry
With Boiled Rice & Naan Bread

or

V Pizza Pockets
with Salad Sticks, Potato Wedges

Vanilla Cup Cake

Wednesday

Roast Turkey & Gravy,
Sweetcorn & Green Beans,
Paprika Potato

or

V Quorn Bolognese with Pasta
& Onion Bread

Marble Cake

Thursday

Cajun Chicken & Vegetable
Pasta with Herby Bread

or

V Cheese & Onion or Salmon &
Broccoli Frittata with Jacket
Potato & Salad

Frozen Yoghurt Pot

Friday

Fishy Friday
Garden Peas & Sweetcorn,
Chipped Potatoes

or

V Bean & Cheese Quesadilla with
Crispy Mixed Salad
& Chipped Potatoes

Cookie

