

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



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

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

