

# menu Week 1

Monday

Tuesday

Wednesday

Thursday

Friday



Choose  
**Protein**  
for growth

Mild Chicken Curry served with Rice  
Fish Fingers  
Oven Baked Pasta Neapolitana (v)

Roast Turkey Breast served with Gravy  
Pork, Cheddar and Tomato Pinwheel  
Mushroom Pizza (v)

Traditional Beef Lasagne  
Jacket Potato topped with Tuna & Sweetcorn  
Southern Style Quorn Dippers (v)

Roast Pork Loin with Apple Sauce  
Lamb Bolognaise  
Eggs au Gratin *(hard boiled eggs in a white sauce, baked until golden (v))*

Salmon Fillet in Natural Crumb  
Baked Sausages  
Cauliflower & Lentil Spice (v)

Choose  
**Carbohydrate**  
for energy



Creamy Mashed Potatoes or Pasta Fusilli  
Freshly Baked Brown Bread

Roast and Creamy Mashed Potatoes or Pasta Shells  
Freshly Baked Crusty Bread

Garlic and Creamy Mashed Potatoes or Pasta Fusilli  
Freshly Baked Cheesy Bread

Roast and Boiled Potatoes or Pasta Shells  
Freshly Baked Granary Bread

Fries or Pasta Fusilli  
Freshly Baked Herby Bread



Choose  
**Vegetables**  
for essential vitamins and minerals

Fresh Carrots and Garden Peas

Fresh Broccoli Florets and Sweetcorn

Garden Peas and Carrot & Sultana Salad with Mayonnaise

Fresh Cabbage and Carrots

Reduced Salt & Sugar Baked Beans and Fresh Coleslaw

Choose  
**Sugars and Fats**  
for a treat



Chocolate Sponge with Chocolate Custard  
Raspberry Ripple Mousse

Oaty Blackberry & Apple Crumble with Custard  
Strawberry Jelly

Jam Tart with Raspberry Custard  
Butterscotch Delight

Sunshine Rice Pudding  
Banana, Orange and Cinnamon Chelsea Bun

Tangy Apple Jelly  
Strawberry Yoghurt

Choose  
**Fruit**  
for minerals and fibre

Fresh Fruit Wedges & Salad Crudités

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Fresh Fruit Wedges & Salad Crudités



# menu Week 2

Monday

Tuesday

Wednesday

Thursday

Friday



Choose  
**Protein**  
for growth

Club Joules Cottage Pie  
Ham, Mushroom and  
Cheese Pizza  
Quorn Fusilli  
Bolognese (v)

Roast Chicken Fillet served  
with Gravy  
Pork Tostadas *(pork, peppers,  
tomatoes, kidney beans in a wrap)*  
Cheese & Tomato Pasta Bake (v)

Lemon Sole Grill  
Cheesy Jacket Potato with  
Crunchy Coleslaw  
Lentil Duchesse  
*(vegetable and lentil potato bake (v))*

Roast Pork Loin with  
Apple Sauce  
Hot Turkey & Cheese Wrap  
Bombay Eggs *(hard boiled eggs  
& broccoli in a mild curry sauce (v))*

Crispy Double Fish Finger  
Lamb & Carrot Roundel  
Macaroni Cheese (v)

Choose  
**Carbohydrate**  
for energy



Boiled Potatoes with  
Parsley or Pasta Fusilli  
Freshly Baked  
Cheesy Bread

Roast and Herby Diced  
Potatoes or Pasta Shells  
Freshly Baked Brown Bread

Creamy Mashed Potatoes  
or Pasta Fusilli  
Freshly Baked  
Crusty Bread

Roast and Boiled Potatoes  
or Pasta Shells  
Freshly Baked  
Granary Bread

Fries or Pasta Fusilli  
Freshly Baked  
Herby Bread



Choose  
**Vegetables**  
for essential vitamins  
and minerals

Fresh Carrots  
and Garden Peas

Fresh Green Cabbage  
and Sweetcorn

Fresh Coleslaw and  
Reduced Sugar & Salt  
Baked Beans

Fresh Carrots and  
Broccoli Florets

Garden Peas  
and Cucumber &  
Sweetcorn Salad

Choose  
**Sugars  
and Fats**  
for a treat



Apple & Cinnamon  
Crumble with Custard  
Chocolate Mousse

Lemon Shortcake  
with Vanilla Sauce  
Raspberry Jelly

Baked Fruit Sponge  
with Custard  
Chocolate Ice-cream Roll

Apricot and Chocolate  
Crunch with Custard  
Oat & Raisin Cookie

Golden Rice Crispie Cake  
Raspberry Yoghurt

Choose  
**Fruit**  
for minerals  
and fibre

Fresh Fruit Wedges  
& Salad Crudités

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& Salad Crudités



# menu Week 3

Monday

Tuesday

Wednesday

Thursday

Friday



Choose  
**Protein**  
for growth

Spaghetti Bolognaise  
Chicken Fajita  
Cauliflower Cheese (v)

Roast Turkey Breast  
served with Gravy  
Baked Bean Topped  
Jacket Potato  
Quorn and Vegetable Risotto (v)

Cod and Salmon Grill  
Freshly made Pork Meatballs  
in a Sweet and Sour Sauce  
Cheese & Sweetcorn  
Melt (v)

Roast Chicken Fillet served  
with Gravy  
Sweetcorn & Tomato Pizza  
Sweet Potato &  
Lentil Curry (v)

Cod in Natural Crumb  
Ham & Tomato Pasta Bake  
Harvest Wrap  
*(baked bean, carrot & thyme  
tortilla wrap (v))*

Choose  
**Carbohydrate**  
for energy



Creamy Mashed Potatoes  
or Pasta Fusilli  
Freshly Baked  
Herby Bread

Roast and Herby Diced  
Potatoes or Pasta Shells  
Freshly Baked  
Cheesy Bread

Creamy Mashed Potatoes  
or Pasta Fusilli  
Freshly Baked  
Brown Bread

Roast and Garlic Potatoes  
or Pasta Shells  
Freshly Baked  
Crusty Bread

Fries or Pasta Fusilli  
Freshly Baked  
Garlic Bread



Choose  
**Vegetables**  
for essential vitamins  
and minerals

Garden Peas  
and Sweetcorn

Fresh Cauliflower  
and Carrots

Garden Peas and  
Fresh Coleslaw

Fresh Carrots  
and Green Cabbage

Reduced Sugar & Salt  
Baked Beans and Carrot  
& Sultana Salad

Choose  
**Sugars  
and Fats**  
for a treat



Chocolate & Mandarin  
Brownie with Custard  
Strawberry Yoghurt

Cherry Crumble  
with Custard  
Fruit Rock Cake

Traditional Ginger Sponge  
served with Custard  
Orange Jelly

Dutch Apple Lattice  
served with Custard  
Strawberry Ice-cream  
Sponge Roll

Blackcurrant Jelly  
Chocolate Raisin Square

Choose  
**Fruit**  
for minerals  
and fibre

Fresh Fruit Wedges  
& Salad Crudités

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