

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WEEK1	22 APRIL, 12 MAY	/, 9 JUNE, 30 JUN	E, 21 JULY, 3 SEPT,	22 SEPT, 13 OCT
MAIN MEAL 1	Chicken Curry	Quorn Burger in a Bun 💿	Roast Chicken with Sage & Onion Stuffing & Gravy	Pork Sausages with Gravy	Battered Fish Fillet
MAIN MEAL 2	All Day Breakfast (Omelette, Grilled Tomato, Beans)	Beany Seashell Pasta ①	Cheesy Spring Vegetable & Potato Bake ⊙	Sweet & Sour Quorn ⊙	Cheese & Tomato Pizza 💿
SIDE DISH	Brown & White Rice or Hash Brown	Potato Wedges or Herby Garlic Bread	Roast Potatoes or Wholemeal Pasta	Diced Potatoes or Brown & White Rice	Potato Wedges or Tricolour Pasta
COLD OPTION	Bread Roll with Various Fillings				
EXTRA OPTION	Jacket Potato with Various Toppings				
DESSERT	Tropical Crumble with Ice Cream 50% Fruit 🕙	Fresh Fruit Wedges ①	Fresh Fruit Jelly 50% Fruit 🗿	Chocolate Pastry Whirl	Lemon Shortbread (
	WEEK 2 28 APRIL, 19 MAY, 16 JUNE, 7 JULY, 8 SEPT, 29 SEPT, 20 OCT				
MAIN MEAL 1	Bean & Cheese Slice 💿	Chicken Pie with Gravy	Roast Beef with Gravy	Beef Burger in a Bun	Salmon & Sweet Potato Fishcake
MAIN MEAL 2	Macaroni Cheese ⊙	Mild Mexican Bean Chilli 🕖	Plant Sausages with Gravy ①	Roasted Summer Veg Pasta	Cheese & Tomato Pizza 💿
SIDE DISH	Diced Potatoes or Herby Garlic Bread	Potato Wedges or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Wholemeal Pasta or Diced Potatoes	Chips or Tricolour Pasta
COLD OPTION	Bread Roll with Various Fillings				
EXTRA OPTION	Jacket Potato with Various Toppings				
DESSERT	Apple Cornflake Crunch 50% Fruit •••• ①	Fresh Fruit Wedges ①	Fresh Fruit Jelly 50% Fruit ①	Jammy Cookie ①	Chocolate Muffin
	WEEK3 agai	5096 <sup>S</sup>	6 MAY, 2 JUN	E, 23 JUNE, 14 JUL	Y, 15 SEPT, 6 OCT
MAIN MEAL 1	Chicken & Sweetcom Meatballs with a Tomato Sauce	Beef Bolognese	Roast Pork with Sage & Onion Stuffing & Gravy	Quorn Hot Dog 💿	Fish Fillet Fingers
MAIN MEAL 2	Breaded Bean & Vegetable Grill ①	Mild Sweet Potato & Chickpea Curry ①	Creamy Quorn & Sweetcorn Pasta Bake 🚾 🔊	Roasted Veg Lasagne 🕙	Cheese & Tomato Pizza 🕙
SIDE DISH	Spaghetti or Diced Potatoes	Pasta or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Potato Wedges or Herby Garlic Bread	Chips or Tricolour Pasta
COLD OPTION	Bread Roll with Various Fillings				
EXTRA OPTION	Jacket Potato with Various Toppings				
DESSERT	Strawberry Mousse	Fresh Fruit Wedges 🕖	Fresh Fruit Jelly 50% Fruit ④	Ice Cream with Chocolate Cookie "Wafer" ⊙	Pineapple Pastry Squares 50% Fruit 🐠 🕡
	BECOME A SUPER HEALTHY SUPER HERO!				
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Hero Menu Option 1











