

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

22 APRIL, 12 MAY, 9 JUNE, 30 JUNE, 21 JULY

Chicken Curry	Quorn Burger in a Bun	Roast Chicken with Sage & Onion Stuffing & Gravy	Pork Sausages with Gravy	Battered Fish Fillet
All Day Breakfast (Omelette, Grilled Tomato, Beans)	Beany Seashell Pasta	Cheesy Spring Vegetable & Potato Bake	Sweet & Sour Quorn	Cheese & Tomato Pizza
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
Bread Roll with Various Fillings				
Jacket Potato with Various Toppings				
Tropical Crumble with Ice Cream 50% Fruit	Fresh Fruit Wedges	Fresh Fruit Jelly 50% Fruit	Chocolate Pastry Whirl	Lemon Shortbread

WEEK 2

28 APRIL, 19 MAY, 16 JUNE, 7 JULY

Bean & Cheese Slice	Chicken Pie with Gravy	Roast Beef with Gravy	Beef Burger in a Bun	Salmon & Sweet Potato Fishcake
Macaroni Cheese	Mild Mexican Bean Chilli	Veggie Sausages with Gravy	Roasted Summer Veg Pasta	Cheese & Tomato Pizza
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
Bread Roll with Various Fillings				
Jacket Potato with Various Toppings				
Apple Cornflake Crunch 50% Fruit	Fresh Fruit Wedges	Fresh Fruit Jelly 50% Fruit	Jammy Cookie	Chocolate Muffin

WEEK 3

6 MAY, 2JUNE, 23 JUNE, 14 JULY

Chicken & Sweetcorn Meatballs with a Tomato Sauce	Beef Bolognese	Roast Pork with Sage & Onion Stuffing & Gravy	Quorn Hot Dog	Fish Fillet Fingers
Breaded Bean & Vegetable Grill	Mild Sweet Potato & Chickpea Curry	Creamy Quorn & Sweetcorn Pasta Bake	Roasted Veg Lasagne	Cheese & Tomato Pizza
Spaghetti or Diced Potatoes	Pasta or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Potato Wedges or Herby Garlic Bread	Chips or Tricolour Pasta
Bread Roll with Various Fillings				
Jacket Potato with Various Toppings				
Strawberry Mousse	Fresh Fruit Wedges	Fresh Fruit Jelly 50% Fruit	Ice Cream with Chocolate Cookie "Wafer"	Pineapple Pastry Squares 50% Fruit

SUPER
CHARGE
YOUR
LUNCH!

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

DESSERT

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

DESSERT

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

DESSERT

BECOME
A SUPER
HEALTHY
SUPER
HERO!