

Week commencing 01 October 2018 (Cycle week 1)

Monday	Tuesday	Wednesday	Thursday	Friday
Main meal				
Beef Burger in a Bun Carrots and Cucumber Sticks	Minced Beef Pie and Mashed Potato, Peas	Lamb Ragout and Pasta Sweetcorn	Sausage Roll with oven chips Baked beans	Chicken Korma, Rice and Naan Bread
Veggie Burger in a Bun Carrots and Cucumber Sticks	Cheesy Leek Pasta Bake Peas	Spinach and Butterbean Ragout and Pasta Sweetcorn	Cheese and Tomato Pizza with Oven Chips, Baked Beans	Vegetable Bolognese and Pasta
Jacket with Cheese, Carrots and Cucumber Sticks	Chilli Beef Jacket Peas	Jacket with Baked Beans Sweetcorn	Jacket with Cheese and Peas/Baked Beans Carrots and Cucumber Sticks	Jacket with Tuna Mayo
Dessert				
Watermelon, Yoghurts, Fresh Fruit	Fruit Crumble and Custard Yoghurts, Fresh Fruit	Grapes, Yoghurts, Fresh Fruit	Jelly and Ice Cream, Yoghurts, Fresh Fruit	Cheese and Biscuits, Yoghurts, Fresh Fruit

Week commencing 08 October 2018 (Cycle week 2)

Monday	Tuesday	Wednesday	Thursday	Friday
Main meal				
Meatballs in tomato & basil sauce with pasta Carrots	Fish fillet with diced potatoes Peas	Lamb Tikka with rice & naan bread Sweetcorn	Chicken with stuffing balls & roast potatoes Broccoli	Fish fingers & oven chips Baked beans/peas
Vegetable spring roll with noodles Carrots	Veggie fritters with diced potatoes Peas	Quorn chilli with wholegrain rice Sweetcorn	Sweet & Sour Quorn with noodles Broccoli	Cheese & Tomato pizza with chips Baked beans / peas
Jacket & BBQ beans Carrots	Jacket & Spaghetti hoops Peas	Jacket & cheese Sweetcorn	Jacket with Tuna/Sweetcorn Mayo Broccoli	Jacket with Beans & cheese Baked beans / peas
Dessert				
Grapes Yoghurts Freshly Baked Bread	Apple Sponge with custard Yoghurts Freshly Baked bread	Tinned peaches & cream Yoghurts Freshly Baked bread	Carrot cake Yoghurts Freshly Baked bread	Dried or Fresh fruit Yoghurts Freshly Baked bread

Week commencing 22 October 2018 (Cycle week 4)

Monday	Tuesday	Wednesday	Thursday	Friday
Main meal				
Spaghetti Bolognese with Garlic Bread Peas	Lamb Hotpot Broccoli	Chicken Korma with rice & naan bread Sweetcorn	Roast Beef, Yorkshire pudding & roast potatoes Carrots	Battered Cod & oven chips Baked beans/peas
Cheese & onion pastie Peas	Quorn cottage pie Broccoli	Roasted Vegetable pasta in tomato & basil sauce Sweetcorn	Roasted vegetable crumble with a cheese topping Carrots	Cheese & tomato pizza with chips Baked beans/peas
Jacket with Baked beans Peas	Jacket with Cheese Broccoli	Jacket with Chilli Beef Sweetcorn	Jacket with Tuna mayo Carrots	Jacket with Beans/cheese Baked beans/peas
Dessert				
Crapes Yoghurts Freshly Baked bread	Apple & pear crumble with ice cream Yoghurts Freshly Baked bread	Fresh fruit salad Yoghurts Freshly Baked bread	Jam & coconut sponge with custard Yoghurts Freshly Baked bread	Dried or fresh fruit Yoghurts Freshly Baked bread

Week commencing 15 October 2018 (Cycle week 3)

Monday	Tuesday	Wednesday	Thursday	Friday
Main meal				
Sausages in gravy with mashed potatoes Peas	Chicken Pie & New Potatoes Broccoli	Beef Lasagne with Garlic Bread Carrots	Roast Gammon & roast Potatoes Sweetcorn	Cornish pasties & oven chips Baked beans/peas
Veggie Sausages with mashed potatoes Peas	Vegetable pasta bake with cheese topping Broccoli	Cheese and tomato scoll Carrots	Vegetable Lasagne Sweetcorn	Cheese & tomato pizza with chips Baked beans/peas
Jacket with Cheese Peas	Jacket with Baked Beans Broccoli	Jacket & Tuna Mayo Carrots	Jacket with Coleslaw Sweetcorn	Jacket with Cheese Baked beans/peas
Dessert				
Melon Yoghurts Freshly Baked bread	Chocolate chip cookies Yoghurts Freshly Baked bread	Pineapple Yoghurts Freshly Baked bread	Banana & Chocolate muffin Yoghurts Freshly baked bread	Dried or fresh fruit Yoghurts Freshly Baked bread

