







WEEK 1	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Beef burger with baked potato wedges	Chicken tikka masala with 50/50 rice	Roast turkey with mashed potato & gravy	 Beef meatballs with wholemeal pasta	Fish fingers or salmon fingers with chunky chips
Vegetarian Main dish	Quorn™ burger with wedges	 Quorn™ tikka masala with 50/50 rice	 Quorn™ fillet with roast potatoes & gravy	Vegetarian meatballs with wholemeal pasta	Breaded vegetable fingers served with chips
Accompaniments	Baked beans & broccoli ..... Salad bar	Peas & carrots ..... Salad bar	Green beans & cabbage ..... Salad bar	Sweetcorn & broccoli ..... Salad bar	Peas & baked beans ..... Salad bar
Desserts	Blueberry & banana muffin	Rice pudding with fruit compote	 Flapjack	Marble sponge & custard	 Chocolate brownie
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection

