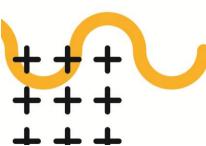


>	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Main Dish	Spiced Chicken Pasta Bake, with 50/50 pasta and Garlic Bread	Lightly Spiced Chicken Thighs, with Potato Wedges	Sausage and Mash, with Onion Gravy	Meat and Potato Pie	Southern Fried Chicken or Battered Fish and chips with Gravy or Curry Sauce
	Vegetarian Main Dish	Macaroni and Cheese, with Garlic Bread	Spiced Vegetable Fingers, with Potato Wedges	Quorn Sausage and Mash, with Onion Gravy	Cheese, Lentil and Onion Pie	Cheese Pinwheels with either Gravy or Curry Sauce
•	Accompaniments	Salad Bar or Sweetcorn	Salad Bar or Corn on the Cob	Carrot and Savoy Cabbage	Peas Or Carrots	Beans Or Peas
	Jacket Potatoes	Freshly cooked Jacket Potatoes, Filled with Beans and Cheese or Tuna Mayo	Freshly cooked Jacket Potatoes, Filled with Beans and Cheese or Tuna Mayo	Freshly cooked Jacket Potatoes, Filled with Beans and Cheese or Tuna Mayo	Freshly cooked Jacket Potatoes, Filled with Beans and Cheese or Tuna Mayo	Freshly cooked Jacket Potatoes, Filled with Beans and Cheese or Tuna Mayo
	Dessert	Fruity Flapjack or Cookies or shortbread	Raspberry Muffins or Cookies or shortbread	Jam Sponge or Cookies or shortbread	Cornflake Cake or Cookies or shortbread	Chocolate Sponge or Cookies or shortbread







1 OF YOUR 5 a Day



MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE



PLANT-BASED (VEGAN)

