

Government Guidelines: (Red Meat x 3 Fish x 2 Fruit Pudding x 2 Deep Fried x 2 Dairy)

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT/FISH (1)	SPAGHETTI BOLOGNESE & GARLIC BREAD SLICE	PERI PERI CHICKEN	RANCH CHICKEN BURGER IN A BRIOCHE BUN	GREEK LAMB MEATBALLS IN SWEET PEPPER SAUCE	BATTERED FRIED FISH
MEAT/ FISH (2)	MEAT NACHOS	BEEF IN BLACK BEAN SAUCE & RICE	ROAST PORK & STUFFING	BEEF STROGANOFF	STICKY BBQ SAUSAGES
VEGETARIAN	POLLACK FILLET WITH HERB CRUST	QUORN CURRY & JAMAICAN RICE	MEDITERRANEAN PASTA BAKE	CHEESE & PESTO WHIRLS	PIZZA MARGHARITA
VEGETABLES	SWEETCORN & CARROTS	BROCCOLI & MIXED VEG	CAULIFLOWER & CARROTS	GREEN BEANS & MINTED PEAS	MUSHY PEAS & BAKED BEANS
POTATOES	SPICED WEDGES	BABY POTATOES	ROAST POTATOES	MASHED POTATOES	CHIPS
DESSERT	OATY FRUIT CRUMBLE & CUSTARD	CHOC FUDGE PUDDING & CHOC SAUCE	JAM ROLY POLY & CUSTARD	APPLE FLAPJACK & VANILLA SAUCE	SHORTBREAD & PINK CUSTARD
JKT/PASTA TOPPING	BOLOGNAISE	BEEF CURRY	SPICY CHICKEN	SAVOURY MINCE	SAUS & BEANS

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Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT/FISH (1)	BEEF HOTPOT	MINTED LAMB PIE	CHICKEN SUPREME & RICE	CHICKEN FAJITAS	DEEP FRIED BATTERED FISH
MEAT/ FISH (2)	CHICKEN & BUTTERNUT SQUASH CURRY WITH MINI NAN BREAD	PORK & APPLE CASSEROLE	ROAST BEEF & YORKSHIRE PUDDING	BEEF STEW WITH CHEESE & CHIVE DUMPLINGS	CAJUN CHICKEN
VEGETARIAN	COD & PANCETTA FISHCAKE	LOADED POTATO SKINS	VEGETARIAN CANNELLONI	SPANISH FRITTATA	PIZZA MARGHARITA
VEGETABLES	SWEDE & CARROTS	MINTED PEAS & BROCCOLI	CAULIFLOWER & PEAS	CORN & GREEN BEANS	MUSHY PEAS & BAKED BEANS
POTATOES	BABY ROAST POTATOES	CREAMED MASH	ROAST POTATOES	JACKET WEDGES	CHIPS
DESSERT	PEACH SPONGE & VANILLA SAUCE	CHOCOLATE BROWNIE & CHOCOLATE SAUCE	VANILLA & CHOCOLATE PINWHEEL & CUSTARD	BLACKBERRY & APPLE COBBLER WITH VANILLA CUSTARD	GINGER SPONGE & CUSTARD
JKT/PASTA TOPPING	MEATBALLS	SAVOURY MINCE	CHICK SUPREME	SWTSOUR CHICK	CHICKEN CURRY

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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT/FISH (1)	BEEF LASAGNE & GARLIC BREAD SLICE	BEEF & VEG COBBLER	MEAT & POTATO PIE	HONEY ROAST GAMMON & PINEAPPLE	DEEP FRIED BATTERED FISH
MEAT/ FISH (2)	LAMB MADRAS & RICE & MINI NAN BREAD	BUILD A BURGER	ROAST CHICKEN & STUFFING	CHICKEN CHASSEUR	AMERICAN HOT DOGS
VEGETARIAN	CREAMY MUSHROOM TAGLIATELLE & GARLIC SLICE	MEXICAN BEAN CHILLI ENCHILADAS & SOUR CREAM	SALMON & BROCCOLI PASTA	MACARONI CHEESE	PIZZA MARGHARITA
VEGETABLES	GREEN BEANS & MIXED VEG	CORN & PEAS	CARROTS & ROAST PARSNIPS	CAULIFLOWER & SWEDE	MUSHY PEAS & BAKED BEANS
POTATOES	PARSLEY POTATOES	POTATO WEDGES	ROAST POTATOES	MASH POTATOES	CHIPS
DESSERT	CHOCOLATE ORANGE CAKE & CHOCOLATE SAUCE	LEMON FLAPJACK & VANILLA SAUCE	RAINBOW CAKE & PINK CUSTARD	TOFFEE APPLE CRUMBLE & CUSTARD	RICE KRISPIE SLICE & CUSTARD
JKT/PASTA TOPPING	CHILLI	BEEF CASSEROLE	BBQ CHICKEN	CURRY	GARLIC MUSH

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Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT/FISH (1)	JERK BBQ CHICKEN & COCONUT RICE	MOUSSAKA	CREAMY CAJUN CHICKEN PASTA	PAPRIKA PORK CASSEROLE	DEEP FRIED BATTERED FISH
MEAT/ FISH (2)	FISH FINGERS	CHICKEN TIKKA MASALA & RICE	BEEF & MUSHROOM PIE	CHEESEY COTTAGE PIE	MEXICAN CHICKEN CHIMICHANGA
VEGETARIAN	FALAFEL & SPINACH BURGERS	LOADED POTATO SKINS	VEGETARIAN LASAGNE	VEGETABLE CRUMBLE	MARGHARITA PIZZA
VEGETABLES	PEAS & SWEETCORN	GREEN BEANS & ROASTED ROOT VEGETABLES	CARROTS & BROCCOLI	CAULIFLOWER & SWEDE	MUSHY PEAS & BAKED BEANS
POTATOES	JACKET WEDGES	ROAST POTATOES	CREAMY MASH	PARSLEY POTATOES	CHIPS
DESSERT	ICED CHERRY SPONGE & CUSTARD	LEMON BAKEWELL TART	BLUEBERRY & BANANA SPONGE WITH CUSTARD	APPLE CRISP & CUSTARD	CHOCOLATE CONCRETE & PINK CUSTARD
JKT/PASTA TOPPING	BBQ CHICKEN *****	CHICKEN TIKKA *****	GARLIC CHICKEN *****	BOLOGNAISE *****	SPICY CHICKEN *****