

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

22 APRIL, 12 MAY, 9 JUNE, 30 JUNE, 21 JULY, 3 SEPT, 22 SEPT, 13 OCT

MAIN MEAL 1

Chicken Curry

Quorn Burger
in a Bun

Roast Chicken with Sage
& Onion Stuffing & Gravy

Pork Sausages
with Gravy

Battered Fish Fillet

MAIN MEAL 2

All Day Breakfast
(Omelette, Grilled Tomato, Beans)

Beany Seashell Pasta

Cheesy Spring Vegetable
& Potato Bake

Sweet & Sour
Quorn

Cheese & Tomato
Pizza

SIDE DISH

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

COLD OPTION

Tuna Mayo Roll

Cheese Spread Roll

Ham Roll

Cheese Roll

Egg Mayo Roll

EXTRA OPTION

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

DESSERT

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, 8 SEPT, 29 SEPT, 20 OCT

MAIN MEAL 1

Bean & Cheese Slice

Chicken Pie with Gravy

Roast Beef with Gravy

Beef Burger in an Bun

Salmon & Sweet Potato
Fishcake

MAIN MEAL 2

Macaroni Cheese

Mild Mexican
Bean Chilli

Plant Sausages
with Gravy

Roasted Summer
Veg Pasta

Cheese & Tomato
Pizza

SIDE DISH

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

COLD OPTION

Egg Mayo Roll

Ham Roll

Tuna Mayo Roll

Cheese Spread Roll

Cheese Roll

EXTRA OPTION

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

DESSERT

Apple Cornflake Crunch
50% Fruit

Fresh Fruit Wedges

Fresh Fruit Jelly 50%
Fruit

Jammy Cookie

Chocolate Muffin

WEEK 3

6 MAY, 2 JUNE, 23 JUNE, 14 JULY, 15 SEPT, 6 OCT

MAIN MEAL 1

Chicken & Sweetcorn Meatballs
with a Tomato Sauce

Beef Bolognese

Roast Pork with Sage &
Onion Stuffing & Gravy

Quorn Hot Dog

Fish Fillet Fingers

MAIN MEAL 2

Breaded Bean
& Vegetable Grill

Mild Sweet Potato &
Chickpea Curry

Creamy Quorn & Sweetcorn
Pasta Bake

Roasted Veg Lasagne

Cheese & Tomato
Pizza

SIDE DISH

Spaghetti
or

Pasta or
Brown & White Rice

Roast Potatoes or
Wholemeal Pasta

Potato Wedges or
Herby Garlic Bread

Chips or
Tricolour Pasta

COLD OPTION

Cheese Roll

Ham Roll

Tuna Mayo Roll

Cheese Spread Roll

Egg Mayo Roll

EXTRA OPTION

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

Jacket Potato
(Various Toppings)

DESSERT

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!

BECOME
A SUPER
HEALTHY
SUPER
HERO!