

Week 1

Monday

Oven Baked Sausage
Mash Potatoes, peas
& Onion Gravy

or

V Quorn Bolognese H &
Homemade Garlic Bread
Oat Cookies

Tuesday

Chicken Curry H
Basmati Rice & Naan Bread

or

V Cheese & Potato Pie
Baked Beans

Choc Chip Muffin V

Wednesday

Roast Gammon or V Quorn Fillet H
Cauli and Broccoli mix
Roast Potatoes & Gravy

or

V Baked Cherry Tomato Frittata,
Potato Wedges
Side salad

Fruit Jelly

Thursday

V Quorn Nuggets H
Mixed Vegetable Rice
Sweet & Sour or Curry Sauce

or

V All in Stew
Warm Crusty Bread
Beetroot

Iced Fairy Cake V H

Friday

Fishy Friday
Chipped Potatoes
Garden Peas

or

V Pasta Bake H
Crispy Green Salad
Shortbread Finger V H

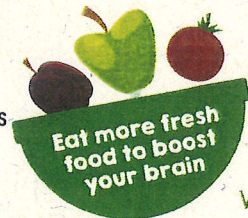
Munchkins

Let's make some HEALTHY CHOICES

Protein
gives you
strength



Broccoli
contains more
calcium than milk



Eat more fresh
food to boost
your brain

Week 2

Monday

V Cooks Choice Pizza H
Mixed Salad &
Seasoned Wedges

or

Meatballs in Gravy
Mixed Vegetables
& Seasoned Wedges
Homemade Biscuit V H

Tuesday

Sausage & Bean filled
Yorkshire Puddings &
Mashed Potatoes

or

V Pasta Bake topped with
Mozzarella Cheese H
Garlic Bread
Jam & Coconut Sponge V

Wednesday

Roast Turkey & Gravy
Carrot & Sweetcorn
Roast Potatoes

or

V Baked Quorn Sausage H
Gravy
Carrots & Sweetcorn
Roast Potatoes
Frozen Yoghurt Pot V

Thursday

Chicken Tikka Masala H
Yellow Rice
Naan Bread

or

V Cheese & Potato Whirls
Baked Beans
Choice of Fresh Fruit or
Cheese & Crackers

Friday

Fishy Friday
Chipped Potatoes
Peas & Sweetcorn
V Cheese & Red Onion Quiche
Peas & Sweetcorn
Chipped Potatoes
Chocolate And Banana Muffin V H

Week 3

Monday

Sausage Roll & Baked Beans
Oven baked Mini Potato Waffles

or

V Quorn Curry H
Rice
Naan Bread
Cherry Shortbread V H

Tuesday

Spaghetti Bolognese
Crusty Bread

or

V Cheese H or Pepperoni Pizza Slice
Coleslaw & Jacket Potato

V Jam Tart & Custard

Wednesday

Roast Chicken H & Gravy
Broccoli, Cauli and Carrot mix
Roast Potatoes

or

V Quorn Mince & Veg pie
Roast Potatoes
V Fruit Jelly H & Cream

Thursday

Cottage Pie
Diced Carrots

or

V Chicken & Bacon or Quorn H
Pasta
Broccoli

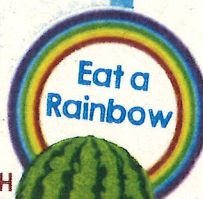
Apple & Raisin Flap Jacks V H

Friday

Fishy Friday
Peas & Skinny Fries

or

V Vegetable Burrito & Salad
Tomato and Sweetcorn Salsa
Lemon Drizzle Cake V H



Eat a
Rainbow

Vitamin C
fights
infections



Raspberries
are good for
healthy bones
and skin



Available daily:

Fresh sandwiches, jacket potatoes
with fillings, salad and fresh bread

Also available daily:

Fat free yoghurt, fresh fruit, fresh fruit juice,
semi skimmed milk and fresh water

V Suitable for vegetarians:

H Halal

RA Halal Alternative - please ask for information