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|  | Meat Free Monday | Tuesday | Wednesday | Thursday |  Friday |
| Week 1 | **V** Home Made Margherita PizzaCrispy SaladPotato Wedges**V** Vegetable CurryBoiled RiceNaan BreadFruity Flap Jack | Home Made Sausage PlaitBaked BeansMashed Potatoes**V** Quorn Cottage PieVeg of the DayFruit Jelly & Cream | Roast Chicken Breast & Gravyor **V** Quorn Fillet  Seasonal VegetablesRoast Potatoes**V** Cauli & Broccoli Cheese BakeRoast PotatoesChocolate Sponge & Chocolate Sauce | Traditional Liverpool Scouse Including Hearty Vegetables & Potatoes Crusty Bread **V** Quorn Swedish Style Balls in Tomato Sauce with Wholegrain Pasta TwistsCrispy Salad, Crusty BreadLemon Drizzle Sponge Finger | Fishy Friday ChoiceVeg of the DayChipped Potatoes**V** Mildly Spicy Bean and Cheese Quesadilla(folded soft tortilla wraps)Veg of the DayChipped PotatoesOaty Biscuit and Orange Slice |
| Week 2 | **V** Vegetarian BrunchLinda McCartney Veggie Sausage, Baked Beans or Tomato or Egg, Toast **V** Puff Pastry Cheese & Tomato Parcels  Baked Beans,Chocolate Crunch Biscuit | Home Made Minced Beef & Vegetable Pie, GravyVeg of the DayMashed Potatoes**V** Vegetable & Lentil StewFresh Baked BreadFrozen Yoghurt | Roast GammonVeg of the DayRoast Potatoes**V** Quorn Bolognesewith Pasta TwistsHome Made Garlic BreadApple Crumble & Custard | Chinese Chicken Curry or **V** Veggie CurryTricolour Rice**V** Caribbean Jerk Quorn Fillet StripsPeas & Sweetcorn MedleyPotato WedgesBanana & Sultana Muffin | Fishy Friday ChoiceVeg of the DayChipped PotatoesFriday Picnic**V** Filled ½ Wrap, Mini Pizza, Veggie SticksChipped PotatoesFresh Fruit Medley |
| Week 3 | **V** Home Made Cheese & Potato PieGarden Peas or Baked BeansCrusty Bread**V** Sweet Potato, Chickpea & Spinach CurrySunshine RiceShortbread Finger & Orange Wedges  | Chicken or Quorn Tikka Masala Boiled RiceHome Made Naan Bread**V** Loaded Potato Skins with Veggie Chilli and Melted Cheese Topping & ColeslawMarble Sponge and Custard | Oven Baked Sausage, Garden Peas, Mash & Gravy in a Yorkshire Pudding **V** Quorn Veggie Mince lasagne½ Jacket PotatoCrispy SaladFrozen Mousse | Chicken, Bacon &Vegetable Pasta BakeCrispy Mixed Salad**V** **Quorn** Burger in a Soft Bap, Mayonnaise DressingCrispy Salad, Potato WedgesYoghurt Muffin | Fishy Friday ChoiceVeg of the DayChipped PotatoesSalmon & Broccoli Quiche or **V** Cheese & Onion QuicheVeg of the DayChipped PotatoesCheese, Biscuits and Apple Slices |
| Available Daily | Jacket potatoes with various fillings Freshly made sandwiches, wraps or filled rolls Deli bar or salad bar (where available)Fresh wholemeal bread Fruit or yoghurtsFresh fruit juice, semi skimmed milk or fresh water |