|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
| Week 1 | **V** Home Made Margherita Pizza  Crispy Salad  Potato Wedges  **V** Vegetable Curry  Boiled Rice  Naan Bread  Fruity Flap Jack | Home Made Sausage Plait  Baked Beans  Mashed Potatoes  **V** Quorn Cottage Pie  Veg of the Day  Fruit Jelly & Cream | Roast Chicken Breast & Gravy  or **V** Quorn Fillet  Seasonal Vegetables  Roast Potatoes  **V** Cauli & Broccoli Cheese Bake  Roast Potatoes  Chocolate Sponge & Chocolate Sauce | Traditional Liverpool Scouse Including Hearty Vegetables & Potatoes  Crusty Bread  **V** Quorn Swedish Style Balls in Tomato Sauce with Wholegrain Pasta Twists  Crispy Salad, Crusty Bread  Lemon Drizzle Sponge Finger | Fishy Friday Choice  Veg of the Day  Chipped Potatoes  **V** Mildly Spicy Bean and Cheese Quesadilla  (folded soft tortilla wraps)  Veg of the Day  Chipped Potatoes  Oaty Biscuit and Orange Slice |
| Week 2 | **V** Vegetarian Brunch  Linda 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, Gravy  Veg of the Day  Mashed Potatoes  **V** Vegetable & Lentil Stew  Fresh Baked Bread  Frozen Yoghurt | Roast Gammon  Veg of the Day  Roast Potatoes  **V** Quorn Bolognese  with Pasta Twists  Home Made Garlic Bread  Apple Crumble & Custard | Chinese Chicken Curry  or **V** Veggie Curry  Tricolour Rice  **V** Caribbean Jerk Quorn Fillet Strips  Peas & Sweetcorn Medley  Potato Wedges  Banana & Sultana Muffin | Fishy Friday Choice  Veg of the Day  Chipped Potatoes  Friday Picnic  **V** Filled ½ Wrap, Mini Pizza, Veggie Sticks  Chipped Potatoes  Fresh Fruit Medley |
| Week 3 | **V** Home Made Cheese & Potato Pie  Garden Peas or Baked Beans  Crusty Bread  **V** Sweet Potato, Chickpea & Spinach Curry  Sunshine Rice  Shortbread Finger & Orange Wedges | Chicken or Quorn Tikka Masala  Boiled Rice  Home Made Naan Bread  **V** Loaded Potato Skins with Veggie Chilli and Melted Cheese Topping & Coleslaw  Marble Sponge and Custard | Oven Baked Sausage, Garden Peas, Mash & Gravy in a Yorkshire Pudding    **V** Quorn Veggie Mince lasagne  ½ Jacket Potato  Crispy Salad  Frozen Mousse | Chicken, Bacon &Vegetable Pasta Bake  Crispy Mixed Salad  **V** **Quorn** Burger in a Soft Bap, Mayonnaise Dressing  Crispy Salad, Potato Wedges  Yoghurt Muffin | Fishy Friday Choice  Veg of the Day  Chipped Potatoes  Salmon & Broccoli Quiche or  **V** Cheese & Onion Quiche  Veg of the Day  Chipped Potatoes  Cheese, 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 yoghurts  Fresh fruit juice, semi skimmed milk or fresh water | | | | |