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Main Meal	<u>Pasta: Tomato &amp; Basil</u> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese  	<u>Mac 'n' Cheese</u> Macaroni cheese with cauliflower with a side of steamed broccoli and sweetcorn  	<u>Beef burgers</u> Beef burger in a high fibre bun with a side of baked wedges  	<u>Bolognese</u> Homemade beef Bolognese with five veg in a rich tomato sauce   	<u>Fish Bowl</u> Baked Salmon with a side of wholegrain rice and crunchy garlicky green beans  
OR					
Alternative Meal 1	<u>Jacket potato</u> Jacket potato with cheddar cheese and baked beans 	<u>Vegan nuggets</u> Baked vegan nuggets with a side of steamed broccoli and sweetcorn 	<u>Chicken burger</u> Chicken breast fillet burger in a high fibre bun with baked wedges  	<u>Pasta: Tomato &amp; Basil</u> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese  	<u>Puff pastry</u> Vegetable baked puff pastry with a side of steamed vegetables  
OR					
Alternative Meal 2: Sandwiches	<u>BAGELS</u> Cream cheese and cucumber Bagel  	<u>SANDWICH</u> Homemade Chicken & Mayo filling a in a multigrain baguette   	<u>BAGEL</u> Salmon and Cream cheese bagel with rocket leaves   	<u>BAGEL</u> Homemade TUNA MAYO in a multi seed bagel  	<u>SANDWICH</u> Homemade Chicken & Mayo filling a baked baguette  
Included with meal	Fruit	Frubes (yoghurt) & Salad pots	Mini choc chip muffins & Fruit	Organic yoghurt topped with diced mango and pineapple	Fruit

	MONDAY	CURRY TUESDAY	BURGER WEDNESDAY	BEEFY THURSDAY	FRIDAY
<b>Main Meal</b>  <b>OR</b>	<u>Pasta: Tomato &amp; Basil</u> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese  	<u>Curry: Chicken Korma</u> Boneless chicken lightly spiced with tikka spices in a rich creamy sauce and wholegrain rice with peas 	<u>Pizza</u> Deep pan wholemeal, Cheese and Tomato pizza topped with corn on the cob  	<u>Sausages and mash with peas</u> Chicken sausages with mashed potato, peas and gravy  	<u>Fish cakes</u> Cod fish cakes with a side of new potatoes and roasted veg  
<b>Alternative Meal 1</b>  <b>OR</b>	<u>Jacket potato</u> Jacket potato with cheddar cheese and baked beans 	<u>Curry: Quorn Tikka</u> Quorn pieces marinated in a homemade tikka paste with wholegrain rice and peas 	<u>Vegetable pizza</u> Deep pan cheese and vegetable pizza with corn on the cob  	<u>Meatfree Sausages</u> Linda McCartney veg sausages with mashed potatoes, peas and gravy  	<u>Pasta: Tomato &amp; Basil</u> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese  
<b>Alternative Meal 2: Sandwiches</b>	<u>BAGELS</u> Cream cheese and cucumber Bagel  	<u>SANDWICH</u> Homemade Chicken & Mayo filling in a baked baguette  	<u>WRAPS</u> Chicken and sweetcorn filling in a spinach wrap with salad  	<u>BAGEL</u> Homemade TUNA MAYO in a multi seed bagel  	<u>SANDWICH</u> CHEESE & CUCUMBER salad sandwich  
<b>Included with meal</b>	<b>Fruit</b>	<b>Frubes yoghurts &amp; Salad pots</b>	<b>Mini baked jam doughnuts and fruits</b>	<b>Organic yoghurt topped with Berries</b>	<b>Fruit</b>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal</b>  <b>OR</b>  <b>Alternative Meal 1</b>  <b>OR</b>  <b>Alternative Meal 2: Sandwiches</b>	<u><b>Pasta: Tomato &amp; Basil</b></u> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese    <u><b>Jacket potato</b></u> Jacket potato with cheddar cheese and baked beans   <u><b>BAGELS</b></u> Cream cheese and cucumber Bagel  	<u><b>Roast chicken</b></u> Roasted chicken breast with a side of roasted new potatoes and vegetables     <u><b>Vegan roast</b></u> Vegan roast with a side of with a side of roasted new potatoes and vegetables   <u><b>SANDWICH</b></u> Homemade Chicken & Mayo filling in a baked baguette  	<u><b>Hot Dog: Turkey</b></u> Turkey hot dog in vegan brioche roll with a side of baked potato wedge    <u><b>Chicken burger</b></u> Chicken breast fillet burger in a high fibre bun with corn on the cob    <u><b>QUORN Burgers</b></u> Southern fried quorn burgers with cor on the cob fillet burger in a high fibre bun with baked wedges   	<u><b>Bolognese</b></u> Homemade beef Bolognese with five veg in a rich tomato sauce with cheese sauce     <u><b>Tomato and Basil</b></u> Penne pasta in a rich tomato and basil sauce topped with cheese    <u><b>SANDWICH</b></u> <b>CHEESE &amp; CUCUMBER</b> in a deli sub roll  	<u><b>Chicken Tikka Rice Bowl</b></u> Succulent boneless chicken pieces in a mild marinade, with wholegrain rice and spiced veg    <u><b>Vegan Tikka Rice Bowl</b></u> Boneless vegan pieces in a mild marinade, with wholegrain rice and yoghurt dip   <u><b>SANDWICH</b></u> Homemade Chicken & Mayo filling in a baked baguette  
<b>Included with meal</b>	<b>Fruit</b>	<b>Frubes (yoghurt) &amp; salad pots</b>	<b>Mini choc chip cookies &amp; Fruit</b>	<b>Organic yoghurt topped with Berries</b>	<b>Fruit</b>