Week One  $\label{eq:Week one} Week \ commencing; \ 2^{nd} \ Sept, \ 23^{rd} \ Sept, \ 14^{th} \ Oct,$ 

| WEEK            | MONDAY               | TUESDAY              | WEDNESDAY            | THURSDAY             | FRIDAY               |
|-----------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| ONE             |                      |                      |                      |                      |                      |
| MAIN 1 School   | Macaroni Cheese      | Pork Sausage &       | Roast Chicken        | Chicken Tikka        | Popcorn Chicken      |
| Lunch           | with Garlic Bread    | Mashed Potato        | with Creamy          | Masala with Rice,    | with Chips & Peas    |
|                 | & Peas               | with Gravy &         | Mashed Potato,       | Naan Bread &         | or Baked Beans       |
|                 |                      | Broccoli             | Yorkshire Pudding,   | Sweetcorn            |                      |
|                 |                      |                      | Gravy & Carrots      |                      |                      |
| MAIN 2          | Vegetable Fajitas    | Plant Based          | Quorn Fillet with    | Tomato &             | Quorn Burger with    |
| Vegetarian      | with Rice & Peas     | Meatballs in         | with Creamy          | Mascarpone Pasta     | Chips & Peas or      |
| School Lunch    |                      | Tomato Sauce         | Mashed Potato,       | with Garlic Bread    | Baked Beans          |
|                 |                      | with Mashed          | Yorkshire Pudding,   | & Sweetcorn          |                      |
|                 |                      | Potato & Broccoli    | Gravy & Carrots      |                      |                      |
| MAIN 3 Jacket   | Jacket Potato with   |
| Potato          | a choice of fillings |
| MAIN 4 Sandwich | Cheese Sandwich      | Cheese Sandwich      | Cheese Sandwich      | Cheese Sandwich      | Cheese Sandwich      |
| MAIN 5 Sandwich | Ham Sandwich         | Tuna Sandwich        | Ham Sandwich         | Tuna Sandwich        | Egg Sandwich         |
|                 |                      |                      |                      |                      |                      |
| DESSERTS        | Chocolate Crunch     | Strawberry           | Summer Berry         | Orange Cake          | Fruit & Ice Cream    |
|                 | Cookie               | Shortbread           | Jelly                |                      |                      |

Week Two

Week commencing; 9th Sept, 30th Sept, 21st Oct

| WEEK            | MONDAY           | TUESDAY              | WEDNESDAY            | THURSDAY             | FRIDAY               |
|-----------------|------------------|----------------------|----------------------|----------------------|----------------------|
| TWO             |                  |                      |                      |                      |                      |
| MAIN 1 School   | Margherita Pizza | BBQ Chicken with     | Roast Chicken        | Pasta Bolognaise     | Oven Baked Fish      |
| Lunch           | with Potato      | Rice & Green Beans   | with Yorkshire       | with Garlic Bread    | with Chips & Peas    |
|                 | Wedges & Peas    |                      | Pudding, Roast       | & Sweetcorn          | or Baked Beans       |
|                 |                  |                      | Potatoes, Carrots    |                      |                      |
|                 |                  |                      | & Gravy              |                      |                      |
| MAIN 2          | Spanish          | Vegetable Curry      | Quorn Fillet with    | Veggie Korma wth     | Quorn Vegan          |
| Vegetarian      | Omelette with    | with Rice & Green    | Yorkshire Pudding,   | Rice, Naan Bread     | Dippers with         |
| School Lunch    | Potato Wedges    | Beans                | Roast Potatoes,      | & Sweetcorn          | Chips & Peas or      |
|                 | & Peas           |                      | Carrots & Gracy      |                      | Baked Beans          |
| MAIN 3 Jacket   | Jacket Potato    | Jacket Potato with a | Jacket Potato with   | Jacket Potato with   | Jacket Potato with   |
| Potato          | with a choice of | choice of fillings   | a choice of fillings | a choice of fillings | a choice of fillings |
|                 | fillings         |                      |                      |                      |                      |
| MAIN 4 Sandwich | Cheese           | Cheese Sandwich      | Cheese Sandwich      | Cheese Sandwich      | Cheese Sandwich      |
|                 | Sandwich         |                      |                      |                      |                      |
| MAIN 5 Sandwich | Ham Sandwich     | Tuna Sandwich        | Ham Sandwich         | Tuna Sandwich        | Egg Sandwich         |
|                 |                  |                      |                      |                      |                      |
| DESSERTS        | Jam Filled Oaty  | Chocolate Orange     | Strawberry Whip      | Apple Crumble        | Ice Cream            |
|                 | Bars             | Biscuit with Apple   | with Fruit           |                      |                      |
|                 |                  | Slices               |                      |                      |                      |

## Week Three

Week commencing; 16th Sept, 7th Oct

| WEEK            | MONDAY               | TUESDAY              | WEDNESDAY            | THURSDAY             | FRIDAY               |
|-----------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| THREE           |                      |                      |                      |                      |                      |
| MAIN 1 School   | Margherita Pizza     | Pork Meatballs       | Roast Gammon         | Chicken              | Popcorn Chicken      |
| Lunch           | with Potato          | with Pasta &         | with Crispy Roast    | Enchiladas with      | with Chips & Peas    |
|                 | Wedges & Peas        | Broccoli             | Potatoes,            | Rice & Green         | or Baked Beans       |
|                 |                      |                      | Yorkshire Pudding,   | Beans                |                      |
|                 |                      |                      | Carrots & Gravy      |                      |                      |
| MAIN 2          | Sweet & Sour         | Tomato & Basil       | Quorn Sausage        | Macaroni Cheese      | Cheese & Bean        |
| Vegetarian      | Quorn with Rice &    | Pasta & Broccoli     | with Roast           | with Garlic Bread    | Wrap with Chips &    |
| School Lunch    | Peas                 |                      | Potatoes,            | & Green Beans        | Peas or Baked        |
|                 |                      |                      | Yorkshire Pudding,   |                      | Beans                |
|                 |                      |                      | Carrots & Gravy      |                      |                      |
| MAIN 3 Jacket   | Jacket Potato with   |
| Potato          | a choice of fillings |
| MAIN 4 Sandwich | Cheese Sandwich      | Cheese Sandwich      | Cheese Sandwich      | Cheese Sandwich      | Cheese Sandwich      |
| MAIN 5 Sandwich | Ham Sandwich         | Tuna Sandwich        | Ham Sandwich         | Tuna Sandwich        | Egg Sandwich         |
|                 |                      |                      |                      |                      |                      |
| DESSERTS        | Chocolate Crunch     | Carrot Cake          | Fruit in Jelly       | Lemon Muffin         | Ice Cream            |
|                 | Cookie               |                      |                      |                      |                      |