

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chilli Con Carne & Fluffy Brown Rice	Cajun Chicken Served with pasta spirals	Roast beef served with roast or mashed potato	Moussaka served with tomato and herb baked bread.	Wholemeal breaded cod portion with chips or plain jacket wedges.
Vegetarian	Fresh Vegetable Mornay Bake & Champ Mash Potato	Chickpea aloo ghobi served Pilau Rice	Roasted Vegetable toad in the hole served with roast or mash potatoes	Vegetable Curry with Jacket Potato Wedges	Quorn stir fry with chips or plain jacket wedges
Vegetable/Salad accompaniments	Golden Sweetcorn Seasonal Salad	Baked beans or Seasonal salad	Sliced green beans or seasonal salad	Fresh Stir Fried Vegetables or seasonal salad	Garden peas or Seasonal Salad
Extra bread	Fresh bread available daily				
Hot Desserts	Dorset apple cake with warm vanilla sauce or fresh fruit pieces	Apricot sponge or Fresh Fruit pieces	Date & ginger pudding with custard or fresh fruit pieces	Chocolate cake with a difference or fresh fruit pieces	Toffee Apple Oat crumble with custard or fresh fruit pieces
Grab and Go	Pizza Selection, Pasta offer wholemeal	Chicken Joes, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)	Chicken Joes, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)
	Sweet Potato & Lentil Curry	Beef cobbler & mash potato	Turkey stir fry & noodles	Vegetable lasagne	Chicken Curry & Rice
	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread
	Range of sandwiches, baguettes, wraps and salads	Range of sandwiches, baguettes, wraps and salads	Range of sandwiches, baguettes, wraps and salads	Range of sandwiches, baguettes, wraps and salads	Range of sandwiches, baguettes, wraps and salads
Additional Desserts/drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks
	Cakes and biscuits	Cakes and biscuits	Cakes and biscuits	Cakes and biscuits	Cakes and biscuits

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Lamb Ratatouille with Brown Rice	Beef Bolognese with Pasta Spirals	Roast Chicken With Roast Potatoes or plain jacket wedges	Beef Cobbler with creamy mashed potatoes	Salmon Wrap with Chips or Brown Rice
Vegetarian	Curried Quorn Wrap and Jacket Wedges	Roasted Vegetable Toad in the Hole with Mashed Potatoes	Vegetable Lasagne with garlic bread slice	Mediterranean Vegetable Ratatouille with Pasta	Vegetable Chilli Con Carne` with Brown Rice
Vegetable/Salad accompaniments	Peas or Seasonal salad	Golden Sweet corn or Seasonal salad	Fresh Broccoli Florets or Seasonal Salad	Fresh Carrot Slices or Seasonal Salad	Baked beans or Seasonal Salad
Extra bread	Fresh bread available daily				
Hot Desserts	Mixed fruit pie & Custard or Fresh Fruit Pieces	Warm Carrot Cake with vanilla sauce or Fresh Fruit Pieces	Chocolate & Pear Sponge or Fresh Fruit Pieces	Rice pudding with Mandarin oranges or Fresh Fruit Pieces	Sultana Sponge with Custard or Fresh Fruit Pieces
Grab and Go	Chicken Joes, Pasta offer wholemeal	Pizza Selection, Pasta offer (wholemeal)	Chicken Joes, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)	Chicken Joes, Pasta offer (wholemeal)
	Chicken Rogan Josh & Pilau Rice	Sub Central	Turkey Stir Fry with noodles	Caribbean Curried Beef with Sunshine Rice	Pork and Pasta in Tomato Sauce.
	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread
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	Cakes and biscuits	Cakes and biscuits	Cakes and biscuits	Cakes and biscuits	Cakes and biscuits

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Country Beef Cobbler with Mashed Potatoes	Lamb Rogan Josh & Sunshine Rice	Roast Turkey with Roast or Mashed Potatoes	Baked Cottage Pie and Vegetables with Boiled potatoes	Oven baked Wholemeal Breaded Cod Portion with Chips or Jacket Potato Halves
Vegetarian	Quorn Stir Fry & Spaghetti	Sweet Chilli Quorn with Mango Rice	Baked Swiss Vegetable Cottage Pie	Creamy Vegetable Korma with Rice.	Vegetable Lasagne & Garlic Bread Slice
Vegetable/Salad accompaniments	Golden Sweetcorn or Seasonal Salad	Baked Beans or Seasonal Salad	Broccoli Florets or Seasonal Salad	Sliced Fresh Carrots or Seasonal Salad	Garden Peas or Seasonal Salad
Extra bread	Fresh bread available daily				
Hot Desserts	Crunchy Mixed Fruit Crumble or Fresh Fruit Pieces	Pear Conde Or Fresh Fruit Pieces	Apple & Cinnamon Strudel with Custard or Fresh Fruit Pieces	Chocolate Bread & Butter Pudding or Fresh Fruit Pieces	Pineapple upside down pudding or Fresh Fruit Pieces
Grab and Go	Pizza Selection, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)
	Chicken Tikka Marsala with Rice	Caribbean Curried Beef & Sunshine Rice	Oriental Turkey Stir Fry & Noodles	Vegetable Bolognese	Sweet & Sour Chicken with Brown Rice
	Jacket potato topped with hot and cold fillings,.Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread
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	Cakes and biscuits	Cakes and biscuits	Cakes and biscuits	Cakes and biscuits	Cakes and biscuits