



	Monday	Tuesday	Wednesday	Thursday	Friday
	Lunch Week 3				
	Week commencing 22 Jan/ 12 Feb/ 11 Mar				
Drinks & snacks	Water, flavoured water, smoothies, fruit juices Cereal bars, rice cakes, pop chips, popcorn, crisps				
	Main meals				
Meaty main	Meatballs in tomato sauce	Roast turkey with Yorkshire pudding	Sweet & sour chicken	Steak puff pie	Cheeseburger Battered cod fillet Fish fingers
Vegetarian	Veggie meatballs	Quorn roast	BBQ Quorn noodles	Veggie cottage pie	Southern fried Quorn burger
Sides	Spaghetti Garlic bread Roasted vegetables	Roast potatoes Broccoli Cauliflower cheese	Rice Stir fry vegetables	Mash Green beans Gravy	Chips Baked beans, mushy peas Curry sauce
	Pasta/ deli				
Pasta/ deli	Tomato pasta	Carbonara	Tomato pasta	Mac & cheese	Tomato pasta
Jacket potatoes	Whole and half jacket potatoes with baked beans, tuna mayonnaise and cheese				
Sandwiches/ salads	Sandwiches on bloomer bread, baguettes and wraps with a range of popular fillings Salad pots and vegetable pots				
	Desserts/ sweet treats/ fruit				
Dessert	Apple crumble cake with custard	Rice pudding with jam	Lemon curd sponge with custard	Biscuit day	Jam sponge with custard
Sweet treats	Dessert pots, yogurts, jelly, fruit pots, fresh fruit				