

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Italian beef bolognese with spaghetti (G)	Chicken and sweetcorn puff pastry pie (Su,Mk,G,Ce)	Roast Norfolk turkey, sage and onion stuffing (G) and gravy	Chicken & Roasted Pepper Quesadillas (G,Mk)	MSC Cod baked fish fingers served with lemon and homemade tartare sauce (F,G)
VEGETARIAN	Vegetarian Bolognese with Spaghetti (G)	Potato, onion and spinach omelette (Mk,E)	Roasted Vegetable Kebabs	Autumn vegetable fruity casserole	Roasted pepper, onion and cheddar wholemeal quiche (G,Mk,E)
CARBOHYDRATES	Garlic bread (G,Mk)	New potatoes	Fluffy roasted Potatoes	Steamed rice	Baked oven chips
VEGETABLES	Buttered sweetcorn (Mk)	Butternut squash	Steamed broccoli	Courgettes	Baked beans
VEGETABLES	Sauté leeks	Green beans	Roasted root vegetables	Carrots	Garden Peas
DESSERT	Steamed jam sponge with custard (G,Mk,E)	Sugar Free Orange & Poppy seed Drizzle Cake (G,Mk,E)	Fresh Fruit Kebabs	Sugar Free Spiced Carrot Cake with Orange Frosting (G,Mk,E)	Chocolate Brownie (G,E,Mk)

Yoghurt (no sugar) and fruit is provided every day.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mild Chicken Curry with tomatoes and mango chutney	Turkey enchiladas in tomato sauce (G,Mk)	Roast Beef with Yorkshire pudding(G,Mk,E) and roast gravy	Sweet chilli chicken pizza (G, Mk)	Battered Pollock Fillet (G,F)
VEGETARIAN	Tarka Dahl with Spinach and lentils	Mixed bean and vegetable burrito (G,Mk)	Spanish frittata with onion, spinach and cheddar (E,Mk)	Cheese and tomato Margherita Pizza (G,Mk)	Pepper Courgette Halloumi kebab with spicy tomato sauce (Mk, G)
CARBOHYDRATES	Wholegrain rice	Herby Cous Cous	Fluffy roasted potatoes		Oven Baked Chips
VEGETABLES	Steamed carrots	Mixed vegetables	Broccoli florets	Roasted vegetables	Garden peas
VEGETABLES	Roasted spiced cauliflower	Sauté leeks	Buttered sweetcorn (Mk)	Steamed green beans	Grilled tomatoes
DESSERT	Autumn Fruit Crumble with Custard (G,Mk)	Sugar free banana Cake (G,Mk,E)	Fresh Fruit Kebabs	Sugar free marmalade Bread and butter pudding (G,Mk,E)	Warm sultana flapjack (G, Su)

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Creamy chicken and sweetcorn pie with shortcrust pastry (G,Mk,E)	Farm assured Italian beef lasagne (G,Mk,E)	Roast chicken with stuffing(G) and gravy	Homemade Shephard's pie with creamy mash potato top (Mk)	Breaded Salmon Fishcake (F,Mk,E, G)
VEGETARIAN	Roasted vegetable filo tart (G,Mk,E)	Vegetable Lasagne (G,Mk,E)	Fusilli pasta with spinach and courgette (G,E),Mk	Quorn Shepard's Pie with creamy mash potato topping (Mk,E,So)	Veggie burger with relish and sauces (G,E,So)
CARBOHYDRATES	Steamed new potatoes	Garlic bread (G,Mk)	Fluffy roasted potatoes	Creamy mashed potato (Mk)	Baked oven Chips
VEGETABLES	Green beans	Steamed carrots	Roasted parsnips and swede	Buttered sweetcorn	Baked Beans
VEGETABLES	Roasted butternut squash	Mixed tossed salad	Steamed broccoli	Sauté leeks	Garden Peas
DESSERT	Spiced Bramley apple crumble with custard (G,Mk)	Sugar free Pineapple and Carrot Cake (G, Mk,E)	Fresh Fruit Kebabs	Sugar free Flapjack (G,Mk,E)	Chocolate Brownie (G,Mk,E,So)

Yoghurt (no sugar) and fruit is provided every day.