# WEEK A 15/09 & 06/10

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Main Course** | Pasta Tomato Sauce | Chicken Curry<br>Green Beans<br>Naan Bread | Pork Sausages<br>Mashed Potato<br>Baked Beans<br>Peas Gravy | Beef Lasagne<br>Mixed Salad<br>Garlic Bread | Cod Fish Fingers<br>Peas<br>Baked Beans |
| **Vegetarian Dish** | Baked Potato with Baked Beans | Chickpea Curry with Spinach | Vegetable Sausages<br>Mashed Potato<br>Baked Beans<br>Peas | Macaroni Cheese with Salad | Vegetable Fingers |
| **Starchy Dish** | Steamed Rice | Basmati Rice or 50/50 Rice | Included in Main Course | Included in Main Course | Chips or Steamed Rice or 50/50 Rice |
| **Vegetable and Salad** | Plain Pasta<br>Cucumber Tomato<br>Grated Carrot<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Grated Cheese<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Grated Cheese<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Grated Cheese<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Grated Cheese<br>Mixed Salad Peppers<br>Sweetcorn |
| **Dessert** | Sponge<br>and<br>Custard | Yoghurt<br>Fresh Fruit | Fruit Salad | Biscuit with Orange Wedge<br>Fresh Fruit | Ice Cream |
| **Drink** | Water and Milk | Water and Milk | Water and Milk | Water and Milk | Water and Milk |

# WEEK B 4/09, 22/09 & 13/10

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Main Course** | Spaghetti Bolognese | Cheese Tomato Pizza<br>Garlic Bread | Roast of the Day<br>Roast Potatoes<br>Peas Carrots | Chicken Noodles with Vegetables | Cod Fish Fingers<br>Chips<br>Baked Beans |
| **Vegetarian Dish** | Vegetable Omelette | Baked Potatoes<br>Baked Beans | Tomato Sauce<br>Roast Vegetables with Pasta | Vegetable Noodles with Vegetables | Vegetable Spring Rolls<br>Rice |
| **Starchy Dish** | Included in Main Course | Included in Main Course | Included in Main Course | Included in Main Course | Included in main Course |
| **Vegetable and Salad** | Plain Pasta<br>Cucumber Tomato<br>Grated Carrot<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Grated Cheese<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Tuna Mayo<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Grated Cheese<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Grated Cheese<br>Mixed Salad Peppers<br>Sweetcorn |
| **Dessert** | Flapjacks<br>Fresh Fruit | Cheesecake with Fresh Strawberry Topping<br>Fresh Fruit | Fruit Salad<br>Fresh Fruit | Yoghurt<br>Fresh Fruit | Ice Cream<br>Fresh Fruit |
| **Drink** | Water and Milk | Water and Milk | Water and Milk | Water and Milk | Water and Milk |

# WEEK C 08/09, 29/09 & 20/10

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Main Course** | Pasta Tomato Sauce<br>Garlic Bread | Chicken Burgers<br>Potato Wedges | Chilly con carne | Lemon and Herb Chicken<br>Broccoli | Cod Fish Fingers<br>Baked Beans<br>Peas |
| **Vegetarian Dish** | Cheese/Potato Wirls | Veggie Burgers<br>Potato Wedges | Baked Potatoes | Lentil and Spinach Curry | Spring Roll with rice |
| **Starchy Dish** | Included in Main Course | Included in Main Course | Included in Main Course | Rice 50/50 | Chips |
| **Vegetable and Salad** | Plain Pasta<br>Cucumber Tomato<br>Grated Cheese<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Grated Cheese<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Grated Carrot<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Grated Cheese<br>Mixed Salad Peppers<br>Sweetcorn | Plain Pasta<br>Cucumber Tomato<br>Grated Cheese<br>Mixed Salad Peppers<br>Sweetcorn |
| **Dessert** | Brownies<br>Fresh Fruit | Fruit Salad<br>Fresh Fruit | Yoghurt<br>Fresh Fruit | Apple Crumble<br>Custard<br>Fresh Fruit | Icr Cream<br>Fresh Fruit |
| **Drink** | Water and Milk | Water and Milk | Water and Milk | Water and Milk | Water and Milk |