

Innovate

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Pork Sausage & Mash with Onion Gravy	Crunchy Breaded Chicken with Spaghetti in Tomato Sauce	Roast Chicken with Mini Roasties & Gravy	American Style Beef Burger in a Bap	Fish & Chunky Chips
Vegetarian Meal	Quorn Sausage & Mash with Onion Gravy	Crunchy Quorn Bites with Spaghetti in Tomato Sauce	Savoury Quorn, Leek & Spinach Pasty	Crispy Vegetable Bean Burger in a Bap	Broccoli & Cheddar Quiche
Vegetables	Garden Peas & Carrots	Sweetcorn	Carrot & Broccoli Medley	Ranch Slaw & Sweetcorn	Baked Beans
Jacket Potatoes	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese
Dessert	Fruity Flapjack	Hot Brownie with Chocolate Sauce	Strawberry Mousse	Baked Syrup Pudding & Custard	Fresh Fruit & Yoghurt
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Italian Beef Lasagne with Garlic Slice	Chinese BBQ Chicken Strips & Rice	Roast Turkey & Roasties with Yorkshire Pudding	Chicken Meatballs in Tomato Sauce with Rice	Fish & Chunky Chips
Vegetarian Meal	Roasted Vegetable Lasagne with Garlic Slice	Chinese BBQ Quorn Strips & Rice	Quorn Fillet & Roasties with Yorkshire Pudding	Penne Pasta with Tomato & Basil Sauce	Vegetable Nuggets & Chunky Chips
Vegetables	Garden Peas & Carrots	Sweetcorn	Carrot & Broccoli Medley	Seasonal Chopped Salad	Garden Peas
Jacket Potatoes	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese
Dessert	American Pancake with Fruit Topping	Oaty Apple Crumble & Custard	Orange Jelly with Fruit	Fresh Fruit & Yoghurt	Lemon Drizzle Muffin
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Bolognese with Pasta with Garlic Slice	BBQ Chicken Pizza with Pasta Salad	Roast Gammon with Roasties & Gravy	Mild Chicken Korma with Rice & Naan	Fish & Chunky Chips
Vegetarian Meal	Pasta in Tomato & Basil Sauce with Garlic Slice	Margherita Pizza with Pasta Salad	Quorn & Broccoli Strudel with Tomato Sauce	Sweet Potato & Spinach Curry with Rice & Naan	Quorn Sausage & Chunky Chips
Vegetables	Seasonal Vegetable Medley	Sweetcorn	Carrots	Garden Peas & Sweetcorn	Baked Beans
Jacket Potatoes	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese
Dessert	Hot Treacle Sponge & Custard	Fresh Fruit & Yoghurt	Berry Fruit Crumble & Custard	Fruit Shortbread Finger	Chocolate Sponge & Chocolate Sauce

