



Week 1 Meal Plan



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---------------------|--------------------------------|------------------------|-------------------|------------------|
| MEAT MAIN | Macaroni Cheese | Lamb Burger in a Bun | Roast Turkey | Mexican Chilli | Baked Pollock |
| MEAT FREE | Vegetable Bolognese | Quorn Burger in a Bun | Potato and Leek Bake | Vegetarian Chilli | Samosa |
| CARBS | Garlic Bread | Diced Potatoes | Roast & Mash Potato | Rice | Chips |
| SIDE | Country Vegetables | Salad | Cauliflower & Broccoli | Green Beans | Peas & Sweetcorn |
| DESSERT | Lemon Shortbread | Beetroot and Chocolate Muffins | Victoria Sandwich | Fruit & Yoghurt | Ice-cream |

Sandwiches and jacket potato with choice of fillings will be served every day. Fresh fruit and yoghurt will be served every day. Fresh water will be available to drink.



Week 2 Meal Plan



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|-----------------------|------------------------------|-----------------------------------|-----------------------|------------------|
| MAIN | Cheese & Tomato Pizza | Beef & Sweet Potato Goulash | Roast Chicken & Yorkshire Pudding | Homemade Sausage Roll | Fish Finger Wrap |
| MEAT FREE | Vegetarian Ravioli | Quorn & Sweet Potato Goulash | Quorn Fillet & Yorkshire Pudding | Cheese Whirl | Vegetable Burger |
| CARBS | Chips | Crusty Bread | Roast & Mash Potato | Diced Potatoes | Wedges |
| SIDE | Peas | Sweetcorn | Carrot & Swede | Green Beans | Baked Beans |
| DESSERT | Blueberry Muffin | Fruit & Yoghurt | Orange Cookie | Rice Pudding | Smoothie |

Sandwiches and jacket potato with choice of fillings will be served every day.

Fresh fruit and yoghurt will be served every day. Fresh water will be available to drink.



Week 3 Meal Plan



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|-----------------------|------------------------|------------------------|------------------------|----------------|
| MEAT MAIN | Cheese Whirl | Beef Bolognese | Sausage in Gravy | Southern Fried Chicken | Fish Cake |
| MEAT FREE | Tomato and Herb Pasta | Quorn Bolognese | Quorn Sausage in Gravy | Southern Fried Quorn | Vegetable Bake |
| CARBS | Crusty Bread | Pasta and Garlic Bread | Mash Potato | Special Rice | Diced Potatoes |
| SIDE | Green Beans | Peas | Carrots | Sweetcorn | Baked Beans |
| DESSERT | Ginger Biscuits | Raspberry Buns | Bran Loaf | Fruit & Yoghurt | Frozen Yoghurt |

Sandwiches and jacket potato with choice of fillings will be served every day.

Fresh fruit and yoghurt will be served every day. Fresh water will be available to drink.



Week 4 Meal Plan



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--------------------|---------------|---------------------|----------------------|-------------------------|
| MAIN | Pizza Whirl | Beef Lasagne | Sliced Ham | Chicken Tikka Masala | Salmon Fish Finger |
| MEAT FREE | Sweet Chilli Quorn | Quorn Lasagne | Vegetable Grill | Quorn Tikka Masala | Sweet Chilli Vegetables |
| CARBS | Potato Wedges | Garlic Bread | Roast & Mash Potato | Rice & Naan Bread | Chips |
| SIDE | Sweetcorn | Salad | Broccoli | Peas | Baked Beans |
| DESSERT | Flapjack | Fruit Jelly | Lemon Drizzle Cake | Fruit & Yoghurt | Arctic Roll |

Sandwiches and jacket potato with choice of fillings will be served every day.
 Fresh fruit and yoghurt will served every day. Fresh water will be available to drink.

