

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

22 APRIL, 12 MAY, 9 JUNE, 30 JUNE, 21 JULY, 3 SEPT, 22 SEPT, 13 OCT

|  |                                     |  |                                      |                                  |
|--|-------------------------------------|--|--------------------------------------|----------------------------------|
| Chicken Curry  | Quorn Burger in a Bun               | Roast Chicken with Sage & Onion Stuffing & Gravy | Pork Sausages with Gravy             | Battered Fish Fillet             |
| All Day Breakfast (Plant Sausage, Grilled Tomato, Beans) | Beany Seashell Pasta                | Cheesy Spring Vegetable & Potato Bake            | Sweet & Sour Quorn                   | Cheese & Tomato Pizza            |
| Brown & White Rice or Hash Brown                         | Potato Wedges or Herby Garlic Bread | Roast Potatoes or Wholemeal Pasta                | Diced Potatoes or Brown & White Rice | Potato Wedges or Tricolour Pasta |
| Tuna   | Cheese Spread                       | Ham  | Cheese                               | Egg                              |
| Jacket Potato with Various Toppings                      |                                     |  |                                      |                                  |
| Tropical Crumble with Ice Cream 50% Fruit                | Fresh Fruit Wedges                  | Fresh Fruit Jelly 50% Fruit                      | Chocolate Pastry Whirl               | Lemon Shortbread                 |

WEEK 2

28 APRIL, 19 MAY, 16 JUNE, 7 JULY, 8 SEPT, 29 SEPT, 20 OCT

|                                      |                                     |                                   |                                   |                                |
|--------------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|--------------------------------|
| Bean & Cheese Slice                  | Chicken Pie with Gravy              | Roast Beef with Gravy             | Beef Burger in an Bun             | Salmon & Sweet Potato Fishcake |
| Macaroni Cheese                      | Mild Mexican Bean Chilli            | Plant Sausages with Gravy         | Roasted Summer Veg Pasta          | Cheese & Tomato Pizza          |
| Diced Potatoes or Herby Garlic Bread | Potato Wedges or Brown & White Rice | Roast Potatoes or Wholemeal Pasta | Wholemeal Pasta or Diced Potatoes | Chips or Tricolour Pasta       |
| Egg                                  | Ham                                 | Tuna                              | Cheese Spread                     | Cheese                         |
| Jacket Potato with Various Toppings  |                                     |                                   |                                   |                                |
| Apple Cornflake Crunch 50% Fruit     | Fresh Fruit Wedges                  | Fresh Fruit Jelly 50% Fruit       | Jammy Cookie                      | Chocolate Muffin               |

WEEK 3

6 MAY, 2 JUNE, 23 JUNE, 14 JULY, 15 SEPT, 6 OCT

|   |                                    |   |   |                                    |
|---|------------------------------------|---|---|------------------------------------|
| Chicken & Sweetcorn Meatballs with a Tomato Sauce | Beef Bolognese                     | Roast Pork with Sage & Onion Stuffing & Gravy | Quorn Hot Dog                           | Fish Fillet Fingers                |
| Breaded Bean & Vegetable Grill                    | Mild Sweet Potato & Chickpea Curry | Creamy Quorn & Sweetcorn Pasta Bake           | Roasted Veg Lasagne                     | Cheese & Tomato Pizza              |
| Spaghetti or Diced Potatoes                       | Pasta or Brown & White Rice        | Roast Potatoes or Wholemeal Pasta             | Potato Wedges or Herby Garlic Bread     | Chips or Tricolour Pasta           |
| Cheese  | Ham                                | Tuna  | Cheese Spread                           | Egg                                |
| Jacket Potato with Various Toppings               |                                    |   |   |                                    |
| Strawberry Mousse                                 | Fresh Fruit Wedges                 | Fresh Fruit Jelly 50% Fruit                   | Ice Cream with Chocolate Cookie "Wafer" | Pineapple Pastry Squares 50% Fruit |

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

DESSERT

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

DESSERT

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

DESSERT

Vegetables and a variety of salads are served daily. 🌱 = Vegetarian 🍃 = Vegan.

SUPER CHARGE YOUR LUNCH!



BECOME A SUPER HEALTHY SUPER HERO!

