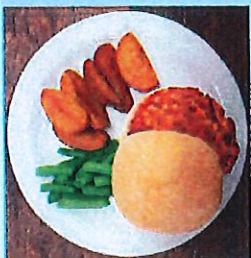


OPTION 1

MONDAY

Beetroot and Lentil Burger
in a Bun with Potato
Wedges



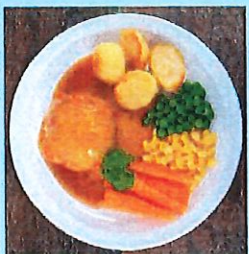
TUESDAY

Plant Balls in Tomato Sauce
with Rice



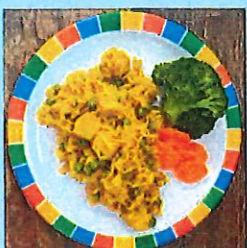
WEDNESDAY

Roast Chicken with Stuffing,
Roast Potatoes and Gravy



THURSDAY

NEW Chicken Biryani



FRIDAY

Salmon or Pollock Fish
Fingers with Chips &
Tomato Sauce



OPTION 2

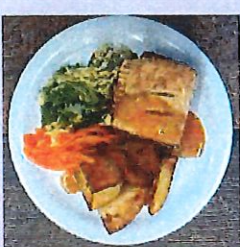
Autumn Vegetable
Lasagne



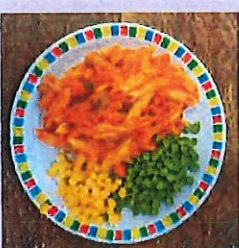
Hearty Beef and Lentil
Bolognese with Spaghetti



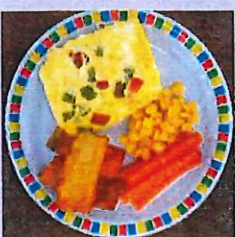
Vegetarian Wellington with
Roast Potatoes and Gravy



Saucy Tomato and Bean
Pastia Bake



Red Pepper Frittata
with Chips and Tomato
Ketchup



DESSERT

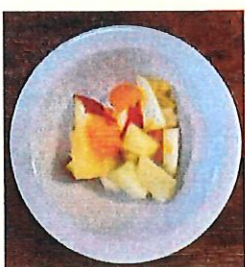
Apple and Raisin
Flapjack



NEW Apple Crumb Cake
with Custard



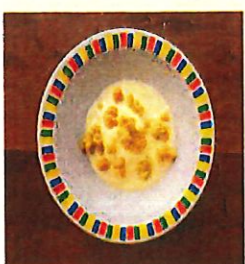
Fruit & Yoghurt



Jelly with Mandarins



Fruit or Yoghurt



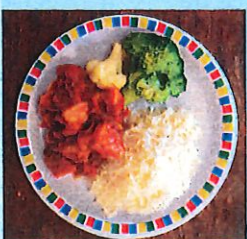
*VEGETABLES AND SIDES MAY DIFFER THAN THOSE SHOWN

WEEK ONE

OPTION 1

MONDAY

Chef's Special Lentil Curry
with Rice



TUESDAY

Classic Cheese and
Tomato Pizza with Wedges



WEDNESDAY

BBQ Chicken with Seasoned
Potatoes and Sweetcorn Salsa



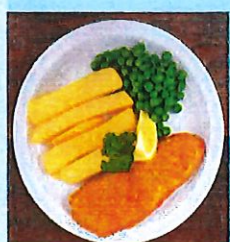
THURSDAY

Beef Lasagne with Garlic Bread



FRIDAY

Breaded Fish or Fish
Fingers with Chips and
Tomato Sauce



OPTION 2

Hearty Spaghetti
Bolognaise



Chicken and Sweetcorn
Meatballs in Tomato Sauce
and Rice



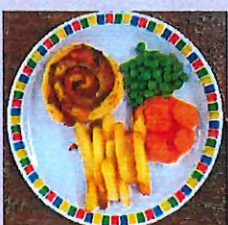
BBQ Quorn with Seasoned
Potatoes and Sweetcorn
Salsa



Creamy Chickpea and
Coconut Curry with Rice



Cheese Whirl with
Chips and Tomato
Sauce



DESSERT

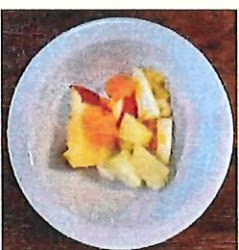
Peach Upside Down Cake



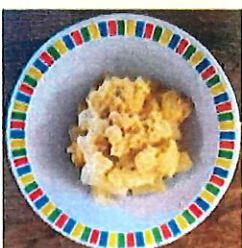
Chocolate and Banana
Oaty Square



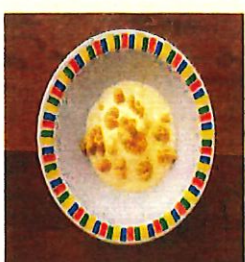
Fruit Salad



Sticky Toffee Apple
Crumble with Custard



Fruit or Yoghurt



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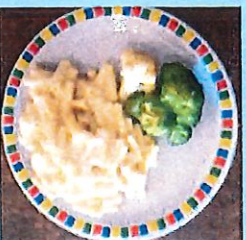
WEEK TWO



OPTION 1

MONDAY

Macaroni Cheese



TUESDAY

NEW Chicken 50% Enchilada Bake with Paprika Wedges



WEDNESDAY

Planet Friendly Sausage with Roast Potatoes and Gravy



THURSDAY

Caribbean Stew with Golden Rice



FRIDAY

Fishfingers with Chips & Tomato Ketchup



OPTION 2

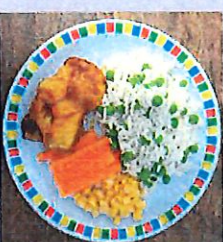
Mild Mexican Chili with Rice



Cheese and Bean Pasty with Wedges



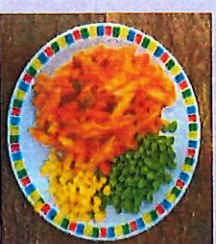
Mild Caribbean Chicken with Golden Rice



Minced Beef Cottage Pie

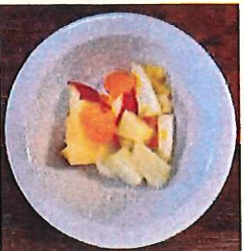


Tomato and Butterbean Pasta

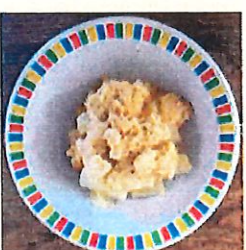


DESSERT

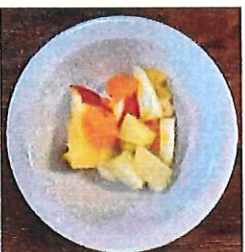
Fruit or Yoghurt



Pear Crumble with Custard



Fruit or Yoghurt



Wholemeal Orange and Cinnamon Shortbread



Chocolate and Apple Sponge and Chocolate Sauce



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WEEK THREE