

# WEEK ONE

|          | MONDAY                                                                                                                | TUESDAY                                                                                                                                      | WEDNESDAY                                                                                                                                         | THURSDAY                                                                                                                     | FRIDAY                                                                                                                                                     |
|----------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| OPTION 1 | <b>Macaroni Cheese</b><br>           | <b>Phat Pasty Pork Sausage Roll with Potato Wedges</b><br> | <b>Roast Chicken, Stuffing, Roast Potatoes &amp; Gravy</b><br> | <b>Spaghetti Bolognaise</b><br>           | <b>Fish Fingers or Salmon Fish Fingers with Chips &amp; Ketchup</b><br> |
| OPTION 2 | <b>Chickpea Curry and Rice</b><br> | <b>Quorn Cumberland Sausage with Potato Wedges</b><br>   | <b>Roast Quorn, Roast Potatoes &amp; Gravy</b><br>           | <b>Tomato &amp; Vegetable Pasta</b><br> | <b>Cheese &amp; Bean Pasty with Chips &amp; Tomato Ketchup</b><br>    |
| DESSERT  | <b>Banana Mousse</b><br>           | <b>Orange Drizzle Cake</b><br>                           | <b>Fruit Platter</b><br>                                     | <b>Apple Flapjack</b><br>               | <b>Jelly with Mandarins</b><br>                                       |

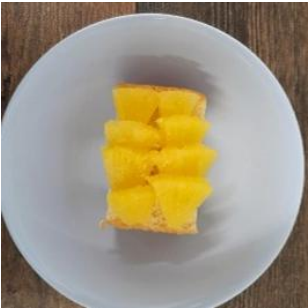
**\*VEGETABLES AND SIDES MAY DIFFER THAN THOSE SHOWN**

# WEEK TWO

|          | MONDAY                                                                                                                               | TUESDAY                                                                                                                                                  | WEDNESDAY                                                                                                                                      | THURSDAY                                                                                                                                               | FRIDAY                                                                                                                                     |
|----------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| OPTION 1 | <b>Cheese &amp; Tomato Pizza with New Potatoes</b>  | <b>Beef Chilli with Rice</b>                                           | <b>Roast Pork Sausage, Roast Potatoes &amp; Gravy</b>       | <b>Greek Chicken Pitta with Herby Rice &amp; Tzatziki</b>           | <b>Battered Fish with Chips &amp; Tomato Ketchup</b>    |
| OPTION 2 | <b>Lentil and Sweet Potato Curry with Rice</b>    | <b>Loaded Jacket with Spring Onion &amp; Cheese or Tomato Pasta</b>  | <b>Vegetarian Wellington, Roast Potatoes &amp; Gravy</b>  | <b>Spinach &amp; Cheese Whirl with Herby Rice &amp; Tzatziki</b>  | <b>Quorn Sausage with Chips &amp; Tomato Ketchup</b>  |
| DESSERT  | <b>Iced Vanilla Sponge</b>                        | <b>Peaches &amp; Ice Cream</b>                                       | <b>Freshly Chopped Fruit Salad</b>                        | <b>Jam &amp; Coconut Sponge</b>                                   | <b>Oaty Cookie</b>                                    |

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|----------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| OPTION 1 | <b>Tomato Pasta</b>                  | <b>Beef Burger with Potato Wedges &amp; Tomato Sauce</b>    | <b>Roast Chicken with Roast Potatoes &amp; Gravy</b>  | <b>Chef Shilpa's Chicken Korma with Rice</b>                     | <b>Fish Fingers with Chips &amp; Tomato Ketchup</b>  |
| OPTION 2 | <b>Chinese Vegetable Noodles</b>    | <b>Quorn Burger with Potato Wedges &amp; Tomato Sauce</b>  | <b>Vegetable Pasty, Roast Potatoes &amp; Gravy</b>   | <b>Cowboy Sausage and Bean Hotpot</b>                           | <b>Cheesy Broccoli Frittata with Chips</b>          |
| DESSERT  | <b>Pineapple Upside Down Cake</b>  | <b>Cheese &amp; Crackers</b>                              | <b>Fruit Medley</b>                                 | <b>Strawberry &amp; Apple Crumble with Ice Cream or Cream</b>  | <b>Vanilla Shortbread</b>                          |

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