

Week	SUMMER	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 05/09/17; 25/09/17; 16/10/17; 13/11/17; 04/12/17	Main	Pork Sausages with Mashed Potato (20g) & Gravy	Shepherd's pie (15g) with Garlic Bread (10g)	Roast Pork with Roast Potatoes (15g) & Gravy	Chicken tikka with Rice (25g)	MSC Salmon Fish Cake (12g) with Chips (25g)
	Vegetarian	Vegetarian Sausage with Mashed Potato (20g) & Gravy	Sweet & sour vegetables (6g) with Noodles (20g)	Quorn roast with Roast Potatoes (15g) & Gravy	Macaroni cheese (30g) with Garlic bread (10g)	Creamy veg pie (20g) with Chips (25g)
		Cauliflower & Peas	Carrots & Green beans	Savoy cabbage, swede & carrot	Sweetcorn (5g) & Green Salad	Baked Beans (8g) & Garden Peas
	Dessert	Plum & Vanilla Crumble (18g) with Custard (10g) Yoghurt (10g) / Fresh Fruit Platter (10g)	Apple & raisin flapjack (25g) Yoghurt (10g) / Fresh Fruit Salad (10g)	Carrot & courgette cake (20) & custard (10g) Yoghurt (10g) / Fresh Fruit Platter (10g)	Dutch apple pie (20g) with Custard (10g) Yoghurt (10g) / Fresh Fruit Salad (10g)	Lemon drizzle cake (30g) Yoghurt (10g) / Fresh Fruit Salad (10g)
Week 2 11/9/17; 02/10/17; 30/10/17; 20/11/17; 11/12/17	Main	Beef meatballs in tomato sauce with wholemeal rice (25g)	Chicken & broccoli pasta bake (25g)	Roast turkey with Roast Potatoes (15g) & Gravy	Spaghetti Beef Bolognese (30g)	MSC Fish fingers (12g) with Chips (25g)
	Vegetarian	Vegetable lasagne (15g) with Jacket wedges (15g)	Lentil & basil pastry turnover (15g) with New potatoes (15g)	Mixed vegetable loaf (5g) with Roast Potatoes (15g) & Gravy	Lentil & sweet potato curry (15g)	Cheese & tomato quiche (15g) with Chips (25g)
		Coleslaw & Sweetcorn (5g)	Broccoli & carrots	Cauliflower Florets & Carrots	Roast mix veg (0g)	Baked Beans (8g) & Garden Peas
	Dessert	Orange bread & butter pudding (20g) & custard (10g) Yoghurt (10g) / Fresh Fruit Salad (10g)	Wholemeal banana loaf (20g) Yoghurt (10g) / Fresh Fruit Platter (10g)	Vanilla Shortbread (15g) Yoghurt (10g) / Fresh Fruit Salad (10g)	Eve's pudding (25g) with Custard (10g) Yoghurt (10g) / Fresh Fruit Platter (10g)	Chocolate & beetroot brownie (20g) Yoghurt (10g) / Fresh Fruit Salad (10g)
Week 3 18/09/17; 09/10/17; 06/11/17; 27/11/17; 18/12/17	Main	BBQ Chicken Pizza (30g) with Jacket wedges (15g)	Minced beef & onion pie (15g) with mashed potatoes (20g)	Roast chicken with stuffing (6g) Roast Potatoes (15g) & Gravy	Beef lasagne (15g) with garlic bread (10g)	MCS breaded or battered fish (12g) with Chips (25g)
	Vegetarian	Bean & vegetable chilli with rice (25g)	Vegetable wholemeal pasta bake (25g)	Vegetarian Wellington (15g) with Roast Potatoes (15g) & Gravy	Red pepper frittata with New potatoes (15g)	Cheese & tomato pizza (30g) with Chips (25g) & Tomato Sauce
		Sweetcorn (5g) & Mixed Salad	Green beans & Carrots	Savoy Cabbage & broccoli Florets	Tomato salad & Sweetcorn (5g)	Garden Peas & Baked Beans (8g)
	Dessert	Pear sponge (18g) & custard (10g) Yoghurt (10g) / Fresh Fruit Salad (10g)	Rice pudding & berries (20g) Fruit Yoghurt (10g) / Fresh Fruit Platter (10g)	Cheese, apple & biscuits (15g) Yoghurt (10g) / Fresh Fruit Salad (10g)	Apple & raisin strudel (20g) with custard (10g) Yoghurt (10g) / Fresh Fruit Platter (10g)	Chocolate crunch cake (25g) Yoghurt (10g) / Fresh Fruit Salad (10g)