

Pupil Name:

Class/Year:

Week 1

MEAT FREE MONDAY

ROAST DINNER
WEDNESDAY

FISHY FRIDAY

	Monday (v)	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni Cheese	Mild Spiced Lamb Stew	Roast Beef W/ Yorkshire pudding & Gravy	Chicken Pie	Battered Fish
2nd (V)	Quorn Burger	Sausage Roll (v)	Cheese and Veg Finger Wrap (v)	Cheese & Tomato Pasta Bake (v)	Home-made Pizza (v)
3rd	Filled Sandwich 	 Jacket Potato	Filled Sandwich 	 Jacket Potato	
Filling	 cheese	cheese Tuna Beans	Ham cheese Tuna	cheese Tuna Beans	
Sides	Broccoli	Mashed Potato; Roasted Vegetables	Roast Potatoes; Carrot & Swede	Mashed Potato/New Potatoes; Peas	Chips; Peas & Sweetcorn
Dessert	Cheese & Crackers	Mixed Melon / Fruit Yoghurt	Fruit Flapjack	Fruit Jelly	Fudge Yoghurt

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Week 2

MEAT FREE MONDAY

ROAST DINNER
WEDNESDAY

FISHY FRIDAY

	Monday (v)	Tuesday	Wednesday	Thursday	Friday
Main	Spaghetti Bolognese (v)	Farm Assured Breaded Chicken Burger, BBQ Sauce	Braised Pork W/ Apple	Cottage Pie	Battered Fish
2nd (V)	Cheesy Broccoli Pasta (v)	Cheese Flan (v)	Braised Quorn W/ Apple	Mozzarella, Tomato & Pepper topped Ciabatta	Home-made Pizza (v)
3rd	Filled Sandwich 	 Jacket Potato	Filled Sandwich 	 Jacket Potato	
Filling	 Cheese	cheese Tuna Beans	Ham cheese Tuna	cheese Tuna Beans	
Sides	Baby Corn on the Cob	Sweet Potato & Carrots	Roast Potatoes; Cabbage & Parsnips	Crusty Bread; Beetroot & Green Beans	Chips; Peas & Sweetcorn
Dessert	Fresh Fruit / Reduced Sugar Donuts	Chocolate Orange cake	Oaty Cookie	Warm Apple slices and Custard	Raspberry Ripple Mousse

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Week 3

MEAT FREE MONDAY

ROAST DINNER
WEDNESDAY

FISHY FRIDAY

	Monday (v)	Tuesday	Wednesday	Thursday	Friday
Main	Quorn and Mango Curry (v)	Beef Burger	Roast Chicken W/ Stuffing & Gravy	Warm Ham and Cheese Panini	Battered Fish / Salmon Fish Fingers
2nd (V)	Tomato and Basil Pasta Bake (v)	Cheese and Onion Rolls (v)	Quorn Sausage W/ Stuffing & Gravy	Veg Fingers (v)	Home-made Pizza (v)
3rd	Filled Sandwich 	 Jacket Potato	Filled Sandwich 	 Jacket Potato	
Filling	 cheese	cheese Tuna Beans	Ham cheese Tuna	cheese Tuna Beans	
Sides	50:50 Rice; Cauliflower	Corn on the cob; Baked Beans	Mashed Potatoes; Carrots & Green Beans	Herby Diced Potatoes; Broccoli	Chips; Peas & Sweetcorn
Dessert	Pear Crumble and Custard	Fruit Shortbread	Strawberry Ice-Cream	Warm Fruit Sponge and Custard	Banana & Ice-cream