

# MENU

WEEK 1

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN COURSE</b>	Steak Pie Tuna Napolitan Margherita Pizza	Roast Beef & Yorkshire Pudding Turkey Tikka Tomato Tagliatelle	Fishcake Beef Lasagne "Quorn Sausage" Toad in the Hole	Meatballs Chicken Pie Quorn Bolognese	Roast Turkey & Stuffing Bacon & Spaghetti Casserole Homemade Vegetable Bakes
<b>CARBOHYDRATES</b>	Potato Wedges Boiled Potatoes Jacket Potatoes	Mashed Potatoes Rice Jacket Potatoes	Chips Pasta/Rice Mix Jacket Potatoes	Spaghetti Potato Wedges Jacket Potatoes	Roast Potatoes Herby potatoes Jacket Potatoes
<b>VEGETABLES / SALAD</b>	Broccoli Sweetcorn Garden Peas	Cauliflower Green Beans Carrots	Baked Beans Mixed Vegetables Cauliflower	Garden Peas Carrots Courgettes	Swede/Carrot Cabbage Green Beans
<b>DESSERTS</b>	Date Flapjack & Custard Baked Lemon Sponge & Custard Cherry Scone	Chocolate Melting Moment Gingerbread Frozen Yoghurt	Steamed Chocolate Sponge & Chocolate Sauce Sultana Scone Flapjack	Apricot Bakewell Tart & Custard Iced Sponge Orange & Raisin Muffin	Oaty Biscuit* Lemon Drizzle Cake Sticky Chocolate Muffin

\* Oaty Biscuit – check recipe. Look at muesli biscuit.

# MENU

WEEK 2

\* look at different sauce from Brakes

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN COURSE</b>	Ham & Pineapple Pizza Chinese Chicken Quorn Lasagne	Fried Fish Beef Madras Cheese & Rice Soufflé	Roast Turkey & Stuffing Ham & Pasta Bake Quorn Shepherd's Pie	Spaghetti Bolognese Fish Pie Vegetable Curry	Roast Beef & Yorkshire Pudding Spanish Chicken * Mega Macaroni Bake
<b>CARBOHYDRATES</b>	Herby Potatoes Noodles Jacket Potatoes	Chips Pasta/Rice Mix Jacket Potatoes	Mashed Potatoes Potato Wedges Jacket Potatoes	Spaghetti Rice Jacket Potatoes	"Oven" Roast Potatoes Boiled Potatoes Jacket Potatoes
<b>VEGETABLES / SALAD</b>	Sweetcorn Baked Beans Garden Peas	Mushy Peas Broccoli Mixed Vegetables	Green Beans Carrots Cauliflower	Carrots Peas Broccoli	Cabbage Cauli/Broc Mix Baby Carrots
<b>DESSERTS</b>	Fruit Flapjack & Custard Shortcake Crispy Ginger Biscuit	Chocolate Crackle Sticky Toffee Pudding & Custard Flapjack	Melting Moment Carrot Cake Chocolate Crunch	Steamed Marble Sponge & Pink Sauce Flapjack Fruit Jelly	Swiss Roll Baked Orange Sponge & Custard Banana Bread

WEEK 3

MENU

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN COURSE</b>	Savoury Mince & Yorkshire Pudding Tuna Cheese Pasta Sweet & Sour Vegetables	Beef Goulash Chicken & Broccoli Bake Quorn Savoury Mince	Fish Goujons Chicken Tikka Spaghetti Napolitan	Roast Turkey & Stuffing Shepherd's Pie Vege.Sausage, Tomato & Bean Casserole	Chilli-Con-Carne Sweet & Sour Chicken Cheese Pasta
<b>CARBOHYDRATES</b>	Potato wedges Rice/Pasta Mix Jacket Potatoes	Mashed Potatoes Herby Potatoes Jacket Potatoes	Chips Duchesse Potatoes Jacket Potatoes	Boiled Potatoes Roast Potatoes Jacket Potatoes	Rice Noodles Jacket Potatoes
<b>VEGETABLES / SALAD</b>	Sweetcorn Broccoli Carrots	Swede Carrot Cauliflower	Baked Beans Peas Courgettes	Cabbage Mixed Vegetables Sweetcorn	Green Beans Carrots Broccoli
<b>DESSERTS</b>	Shortcake Steamed Sultana Sponge & Custard Flapjack	Chocolate Oat Delight & Chocolate Sauce Blueberry Muffin Fruit & Icecream	Flapjack & Custard Baked Marble Sponge Ginger Cookie	Lemon Finger Fruit Crumble & Custard Banana Bread	Iced Cornflake Special Pear Bakewell & Custard Shrewsbury Biscuit