

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken goujons	Nando's chicken	Chicken dinner	Chicken burger	Fish fillet
Quorn nuggets	Tomato pasta	Quorn dinner	Omelette	Vegan sausage roll
Chips Veg	Rice Veg	Roast potato Veg	Wedges Veg	Chips Veg
Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato
Mousse or Yoghurt	Muffins or Yoghurt	Jelly or Yoghurt	Biscuit or Yoghurt	Ice cream or Yoghurt

Meat	Vegetables	Carbohydrate	Pudding
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Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage	Brunch	Meat Pie	Mac Cheese	Fish Fingers
Quorn sausage	Brunch	Pasta	Beef kebab	Pizza
Chips Veg	Hash Brown Veg	Mash Veg	Potato Bites Veg	Chips Veg
Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato
Biscuit or yoghurt	Beetroot cake or yoghurt	Flapjack or Yoghurt	School cake or yoghurt	Ice cream or yoghurt

Meat	Vegetables	Carbohydrate	Pudding
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Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Curry	Meatballs	Chicken Dinner	Chicken Kebab	Fish Burger
Veggie Curry	Cheese and onion pie	Quorn Fillet	Pasta	Pizza
Rice/ Veg	Chips/ Rice and Veg	Mash/Roast and Veg	Rice/ Veg	Chips/ Veg
Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato
Muffins or yoghurt	Chocolate Biscuit or yoghurt	Cheesecake or yoghurt	Muffins or yoghurt	Ice cream or yoghurt

Meat	Vegetables	Carbohydrate	Pudding
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