

Week 1

MONDAY



Lunch

Tuna & Sweetcorn Pasta Twists with Salad Chunks

Warm Winter Fruit Salad & Crème Fraiche

Ⓟ Tomato, Sweetcorn and Basil Pasta Twists

Tea

Toasted Bagels Topped with Scrambled Eggs and Grilled Tomatoes

Apple and Cinnamon Rice Pudding

TUESDAY

Lunch

Kedgeree with Garlic Ciabatta Slices

Rhubarb Crumble and Custard

Ⓟ Golden Vegetables with Rice

Tea

Leak and Potato Soup with Wholemeal Toasted Rolls

Blueberries and Vanilla Yoghurt



WEDNESDAY

Lunch

Lamb and Apricot Curry with Brown Rice and Naan Fingers

Fresh Figs with Natural Yoghurt

Ⓟ Mediterranean Vegetable Curry

Tea

Fish in Breadcrumbs with Sweet Potato Wedges and Sweetcorn Relish

Cranberry Flapjacks

Ⓟ Glamorgan Potato Bake

THURSDAY

Lunch

Cheesy Chicken Sweet Potato pie with Farmhouse Vegetables

Cheese and Grapes

Ⓟ Cheesy Sweet Potato Pie with Farmhouse Vegetables

Tea

Herb-infused Pilchard Pasta with Broccoli

Beetroot Chocolate Cake

Ⓟ Sundried Tomato & Broccoli Pasta



FRIDAY

Lunch

Vegetable Lasagne with Salad Chunks

Peaches and Custard

Tea

Quorn Sausage Casserole with Crushed Potatoes and Peas

Semolina with Blackberry Drizzle

Week 2



MONDAY



Lunch

Roast chicken, Roast Potatoes with Parsnips and Carrots
Cheese and Biscuits

Tea

Courgette and Feta Linguine with Salad Sticks
Strawberry Mousse

- Ⓥ Roasted Quorn Fillet, Roast Potatoes with Parsnips and Carrots



TUESDAY

Lunch

Bacon and Avocado Penne with Garlic Bread
Seasonal Stewed Fruit and Ice Cream

Tea

Fish Pie with Peas
Eton Mess

- Ⓥ Tomato and Avocado Penne with Garlic Bread

- Ⓥ Creamed Potato Pie with Grilled Tomatoes & Peas

WEDNESDAY

Lunch

Tuna and Chickpea Casserole with Couscous
Sticky Date Cake with Custard

Tea

Hot Sausage Rolls with Baked Beans
Sliced Fruit Platter

- Ⓥ Mixed Bean Casserole

- Ⓥ Vegetarian Sausage Roll with baked beans

THURSDAY

Lunch

Ham and Mushroom Stroganoff with Steamed Savoy Cabbage
Fruit Jelly

Tea

Spiced Sweet Potato and Butternut Squash Soup with a Wholemeal Roll
Sultana Muesli Bars

- Ⓥ Mushroom and Pea Stroganoff with Steamed Savoy Cabbage



FRIDAY

Lunch

Shepherd's Pie with Buttery Carrots
Fresh Melon Slices

Tea

Salmon and Creamed Spinach Quiche with Sweetcorn
Fruit Cake

- Ⓥ Vegetable Ratatouille with Rice

- Ⓥ Spinach & Potato Quiche

Week 3



MONDAY

Lunch

Beef Chilli Con Carne and Brown Rice with Crunchy Tortillas

Fruit Platter

Ⓥ Soya Con Carne

Tea

Sweet Potato and Sardine Patties with Green Beans

Yogurt with a Biscuit Crumble

Ⓥ Sweet Potato & Spinach Patties

TUESDAY

Lunch

Moroccan Lamb and Couscous

Fresh Strawberry Meringues

Ⓥ Fruity Mediterranean Casserole with

Couscous



Tea

Sausage and Egg Plait with Baked Beans

Granola Bars

Ⓥ Spanish Omelette with Baked Beans

WEDNESDAY

Lunch

Macaroni Cheese with Salad Chunks

Cornflake Crunch



Tea

Homemade Ciabatta Pizza Slices, Rustic Wedges with a Tomato and Basil Relish

Fruit Jelly

THURSDAY

Lunch

Sundried Tomato & Black Olive Pasta with Peas and Garlic Bread Slices

Treacle Sponge and Custard



Tea

Chorizo and Red Pepper Frittata with a Side Salad

Fresh Pineapple Slices

Ⓥ Red Pepper, Onion and Potato Frittata

FRIDAY

Lunch

Fishcakes, Crushed potatoes and Baked Beans

Cheese and Biscuits

Ⓥ Vegetable Potato Cakes with Baked Beans

Tea

Toasted Cheese Crumpets with a Green Salad

Fresh Fruit