



| Week 1                   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|--------------------------|---|--|--|--|--|
| <b>Option 1</b><br>£1.95 | Farmhouse lamb with<br>Yorkshire pudding<br>Garden peas<br>Fondant potatoes<br>Dutch apple cake & custard | Minced beef stew & dumplings<br>Green beans & carrots<br>Creamed potatoes<br>Shortcake fan & custard | Chicken & vegetable pie<br>Garden peas & sweetcorn<br>New potatoes<br>Steamed syrup sponge & custard | Roast lamb & mint sauce<br>Cauliflower & broccoli<br>½ creamed & ½ roast potatoes<br>Plum & apple crumble & custard                      | Homemade sausage roll<br>(or Cheese & veg bake)<br>Baked beans<br>Creamed potatoes<br>Lattice jam tart & custard |
| <b>Option 2</b><br>£1.95 | Large fishcake & parsley sauce<br>Garden peas<br>Fondant potatoes<br>Dutch apple cake & custard           | Cheese & egg flan<br>Green beans & carrots<br>Creamed potatoes<br>Shortcake fan & custard            | Mushroom roast<br>Garden peas & sweetcorn<br>Wholemeal bread<br>Steamed syrup sponge & custard       | Cheese & veg bake with homemade tomato sauce<br>Cauliflower & broccoli<br>½ creamed & ½ roast potatoes<br>Plum & apple crumble & custard | Fried fish with parsley sauce<br>Baked beans<br>Creamed potatoes<br>Lattice jam tart & custard                   |
| <b>Option 3</b><br>£1.60 | Pasta quills with carbonnara sauce (or vegetarian pasta Milanaise)<br>Mediterranean bread                 | Turkey meatballs in tomato sauce with spaghetti<br>(or Buddha Bolognaise)<br>Cheese bread            | Paprika pork & rice (or bean & mushroom chilli)<br>Wholemeal bread                                   | Vegetable lasagne<br>Garlic bread  | Turkey goulash & rice<br>Bread basket  |
| <b>Option 4</b><br>£1.60 | Tuna pasta mayonnaise<br>Mixed salad bowl<br>Potato salad<br>Curried pasta salad<br>Homemade bread roll   | Sliced ham<br>Mixed salad bowl<br>Rice salad<br>Homemade bread roll                                  | Sliced turkey<br>Mixed salad bowl<br>Carrot & raisin salad<br>Homemade bread roll                    | Grated cheese<br>Mixed salad bowl<br>Coleslaw<br>Homemade bread roll   | Homemade sausage roll<br>Mixed salad bowl<br>Potato salad<br>Homemade bread roll                                 |



| Week 2                          | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---------------------------------|---|---|--|--|---|
| <b>Option 1</b><br><b>£1.95</b> | Turkey & leek pie<br>Sweetcorn & Carrots<br><br>Creamed potatoes<br>Ginger & mandarin trifle  | Meat loaf & tomato sauce<br><br>Broccoli & carrots<br><br>Chipped potatoes<br>Top hat sponge & custard    | Pork & stuffing pie<br><br>Mixed vegetables<br><br>Fondant potatoes<br>Paris apple pie & custard | Roast turkey & stuffing<br><br>Cabbage, mashed carrot & swede<br>½ creamed & ½ roast potatoes<br>Trentham tart & custard | Salmon pie<br><br>Garden peas & sweetcorn<br><br>New potatoes<br>Lemon iced sponge & custard  |
| <b>Option 2</b><br><b>£1.95</b> | Cauliflower cheese<br>Sweetcorn & Carrots<br><br>Creamed potatoes<br>Ginger & mandarin trifle | Large fish cake & parsley sauce<br>Broccoli & carrots<br><br>Chipped potatoes<br>Top hat sponge & custard | Cheese risotto<br><br>Mixed vegetables<br><br>Fondant potatoes<br>Paris apple pie & custard      | Cheese whirl<br><br>Baked beans<br>½ creamed & ½ roast potatoes<br>Trentham tart & custard                               | Cheese & sweetcorn flan<br><br>Garden peas<br><br>New potatoes<br>Lemon iced sponge & custard |
| <b>Option 3</b><br><b>£1.60</b> | Lasagne (or vegetable lasagne)<br>Cheese board  | Macaroni cheese with leek & broccoli<br>Mediterranean bread   | Mushroom pasta<br><br>Batch bread  | Keema curry & rice (or vegetable curry & rice)<br>Naan bread   | Chicken & butterbean casserole with pasta<br>Bread basket                                     |
| <b>Option 4</b><br><b>£1.60</b> | Sliced ham<br>Mixed salad bowl<br><br>Fruity salad<br>Homemade bread roll                     | Potato & tuna salad<br>Mixed salad bowl<br><br>Coleslaw<br>Homemade bread roll                            | Cheese lattice<br>Mixed salad bowl<br>Celery, apple & sultana salad<br>Homemade bread roll       | Sliced turkey<br>Mixed salad bowl<br><br>Rice salad<br>Homemade bread roll   | Salmon pasta mayonnaise<br>Mixed salad bowl<br><br>New potato salad<br>Homemade bread roll    |



| Week 3                          | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---------------------------------|---|---|---|--|---|
| <b>Option 1</b><br><b>£1.95</b> | Cottage pie<br>(or vegetarian cottage pie)<br>Mashed carrot & swede<br>Creamed potato<br>Chocolate crunch &<br>peppermint sauce | Crumbed fillet of fish<br>Garden peas &<br>sweetcorn<br>Fondant potato<br>Jam feather iced sponge<br>&<br>custard | Steak & potato pie<br>Carrots & broccoli<br>Chipped potato<br>Apple crumble & custard | Cornish pasty slice<br>Garden peas<br>Creamed potatoes<br>Chocolate iced choc<br>sponge<br>& raspberry sauce | Roast chicken & stuffing<br>Cabbage & carrots<br>½ creamed & ½ roast potatoes<br>Syrup tart & custard |
| <b>Option 2</b><br><b>£1.95</b> | Fluffy cheese flan<br>Baked beans<br>Creamed potato<br>Chocolate crunch &<br>peppermint sauce                                   | Cheese and potato pie<br>Garden peas &<br>sweetcorn<br>Fondant potato<br>Jam feather iced sponge<br>&<br>custard  | Cheese whirl<br>Baked beans<br>Chipped potato<br>Apple crumble & custard              | Cheese risotto<br>Garden peas<br>Creamed potatoes<br>Chocolate iced choc<br>sponge<br>& raspberry sauce      | Ocean pie<br>Carrots & sweetcorn<br>½ creamed & ½ roast potatoes<br>Syrup tart & custard              |
| <b>Option 3</b><br><b>£1.60</b> | Sausage & pasta hotpot<br>Cheese bread  | Greek lamb<br>Mediterranean bread   | Vegetarian pasta<br>Milanaise<br>Garlic bread   | Turkey pasta bake<br>(or broccoli bake )<br>Batch bread  | Chilli & rice<br>( or mushroom bean and chilli &<br>rice)<br>Wholemeal bread                          |
| <b>Option 4</b><br><b>£1.60</b> | Spicy potato & mackerel<br>salad<br>Mixed salad bowl<br>Coleslaw<br>Homemade bread roll   | Cheese & apple pasta<br>Mixed salad bowl<br>Sliced beetroot<br>Homemade bread roll                                | Cheese whirl<br>Mixed salad bowl<br>Coleslaw<br>Homemade bread roll                   | Sliced ham<br>Mixed salad bowl<br>Carrot & raisin salad<br>Homemade bread roll                               | Roast chicken<br>Mixed salad bowl<br>Celery, apple & sultana salad<br>Homemade bread roll             |
| Week 4                          | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
| <b>Option 1</b>                 | Chicken & mushroom<br>casserole<br>Mashed carrot & swede  | Pork & stuffing<br>Green beans & carrots  | Turkey & vegetable pie<br>Garden peas &<br>sweetcorn                                  | Roast lamb & mint sauce<br>Broccoli & cauliflower  | Fried fish & parsley<br>sauce<br>Baked beans  |



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|-------------------------------|--|--|--|--|---|
| <b>£1.95</b>                  | Cabbage<br>Roast potatoes<br><br>Chocolate pear trifle   | Creamed potatoes<br>Cherry iced sponge &<br>custard  | Fondant potatoes<br>Plum & apple crumble &<br>custard  | ½ creamed & ½ roast<br>potatoes<br>Fruit pie and custard   | Creamed potatoes<br>Rice Krispy crunch &<br>peppermint sauce  |
| <b>Option<br/>2<br/>£1.95</b> | Crunchy vegetable crumble<br><br>Mashed carrot & swede<br><br>Cabbage<br>Fondant potatoes<br>Chocolate pear trifle | Tuna slice<br><br>Green beans & carrots<br><br>Creamed potatoes<br>Cherry iced sponge &<br>custard           | Crumbed fillet of fish &<br><br>parsley sauce<br>Garden peas &<br>sweetcorn<br><br>Fondant potatoes<br>Plum & apple crumble &<br>custard | Broccoli leek & yoghurt<br>quiche<br><br>Baked beans<br>½ creamed & ½ roast<br>potatoes<br>Fruit pie and custard | Cheese & potato pie<br><br>Baked beans<br><br>Wholemeal bread<br>Rice Krispy crunch &<br>peppermint sauce |
| <b>Option<br/>3<br/>£1.60</b> | Spaghetti bolognaise<br><br>( or Buddha bolognaise)<br><br>Mediterranean bread                                     | Pasta quills with<br><br>Carbonnara sauce<br>(or vegetarian pasta<br>Milanaise)<br><br>Wholemeal batch bread | Keema curry & rice<br>(or Gobi aloo curry &<br>curry)<br><br>Naan bread  | Macaroni cheese<br><br><br>Cheese bread  | Sweet & sour turkey &<br>rice<br><br>Wholemeal bread  |
| <b>Option<br/>4<br/>£1.60</b> | Cheese & boiled egg<br>Mixed salad bowl<br>Fruity coleslaw<br>Homemade bread roll                                  | Tuna slice<br>Mixed salad bowl<br>Curried pasta salad<br>Homemade bread roll                                 | Sliced turkey<br>Mixed salad bowl<br>Potato salad<br>Homemade bread roll   | Broccoli leek & yoghurt<br>quiche<br>Mixed salad bowl<br>Coleslaw<br>Homemade bread roll                         | Tuna pasta mayonnaise<br>Mixed salad bowl<br>Rice salad<br>Homemade bread roll<br>Potato salad            |



| <b>Week 5</b>                       | <b>Monday</b>                | <b>Tuesday</b>                         | <b>Wednesday</b>           | <b>Thursday</b>   | <b>Friday</b>                    |
|-------------------------------------|------------------------------|--|----------------------------|---|----------------------------------|
| <b>Option 1</b><br><br><b>£1.95</b> | Pork & apple pie             | Farmhouse lamb & Yorkshire pudding     | Lamb & vegetable pie       | Roast turkey & stuffing                                 | Country bake                     |
|                                     | Mixed vegetables             | Broccoli                               | Green beans & sweetcorn    | Carrots & cabbage                                       | Garden peas & sweetcorn          |
|                                     | Fondant potatoes             | Creamed potatoes                       | Creamed potatoes           | ½ creamed & ½ roast potatoes                            | Chipped potatoes                 |
|                                     | Quick fruit salad            | Fruit flan & custard                   | Lattice jam tart & custard | Baked pineapple sponge & custard                        | Flapjack & custard               |
| <b>Option 2</b><br><br><b>£1.95</b> | Cheese & rice souffle        | Crumbed fillet of fish & parsley sauce | Cheese risotto             | Cheese & potato pie                                     | Salmon fishcakes & parsley sauce |
|                                     | Mixed vegetables             | Mushy peas                             | Green beans & sweetcorn    | Baked beans   | Garden peas & sweetcorn          |
|                                     | Fondant potatoes             | Creamed potatoes                       | Creamed potatoes           | Roast potatoes  | Chipped potatoes                 |
|                                     | Quick fruit salad            | Fruit flan & custard                   | Lattice jam tart & custard | Baked pineapple sponge & custard                        | Flapjack & custard               |
| <b>Option 3</b><br><b>£1.60</b>     | Vegatable lasagne            | Vegetable curry & rice                 | Pasta medley               | Cajun mince & rice<br>( or broccoli & vegetable morney) | Vegatarian pasta                 |
|                                     | Garlic bread                 | Naan bread                             | Wholemeal bread            | Batch bread   | Milanaise<br>Mediterranean bread |
| <b>Option4</b><br><b>£1.60</b>      | Ham pasta salad              | Penne & roast vegetable salad          | Tuna pasta mayonnaise      | Roast turkey  | Salmon pasta mayonnaise          |
|                                     | Green salad bowl             | Mixed salad bowl                       | Mixed salad bowl           | Mixed salad bowl  | Mixed salad bowl                 |
|                                     | Cherry tomato & apple slices | Fruity coleslaw                        | Potato salad               | Diced beetroot  | Celery, apple & sultana salad    |
|                                     | Homemade bread roll          | Homemade bread roll                    | Carrot & raisin salad      | Homemade bread roll                                     | Homemade bread roll              |



| Week 6                          | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|---------------------------------|--|---|--|--|---|
| <b>Option 1</b><br><b>£1.95</b> | Cottage pie<br><br>Garden peas & sweetcorn<br><br>Chipped potatoes<br>Lemon cake & lemon sauce | Cornish pasty slice<br><br>Mushy peas<br><br>Fondant potatoes<br>Steamed chocolate pudding<br>sponge & chocolate sauce          | Chicken & Vegetable pie<br><br>Peas & carrots<br><br>Creamed potatoes  | Roast pork & stuffing<br><br>with apple sauce<br>Cabbage & mixed vegetables<br>½ creamed & ½ roast potatoes  | Fried fish<br><br>Baked beans<br><br>Creamed potatoes   |
| <b>Option 2</b><br><b>£1.95</b> | Cheese D'arfois<br><br>Baked beans<br><br>Chipped potatoes<br>Lemon cake & lemon sauce         | Broccoli & vegetable morney<br><br>Green beans<br><br>Fondant potatoes<br>Steamed chocolate pudding<br>sponge & chocolate sauce | Lentil rissoles & homemade<br>tomato sauce<br><br>Peas & Ccarrots<br><br>Creamed potatoes<br>Banana & choc chip muffin<br>cake & custard | Fisherman's pie<br><br>Cabbage & mixed vegetables<br>½ creamed & ½ roast potatoes<br><br>Apple pie & custard | Carrot and yoghurt quiche<br><br>Baked beans<br><br>Creamed potatoes<br><br>Toffee cream tart |
| <b>Option 3</b><br><b>£1.60</b> | Spaghetti bolognaise<br>(or Buddha bolognaise)<br>Wholemeal bread                              | Paprika pork & rice<br>(or mushroom stroganoff)<br>Mediterranean bread  | Malay Curry & rice<br>(or Gobi Aloo curry & rice)<br>Naan bread  | Mousakka<br>(or vegetarian pasta Milanaise)<br>Cheese bread  | Pasta bake<br><br>Bread basket  |
| <b>Option 4</b><br><b>£1.60</b> | Sliced ham<br>Mixed salad bowl<br>Coleslaw<br>Homemade bread roll                              | Boiled egg & cheese<br>Mixed salad bowl<br>Potato salad<br>Homemade bread roll  | Cheese & apple pasta salad<br>Mixed salad bowl<br>Rice salad<br>Homemade bread roll  | Roast pork<br>Mixed salad bowl<br>Curried pasta salad<br>Homemade bread roll                                 | Carrot & yoghurt quiche<br>Mixed salad<br>Fruity coleslaw<br>Homemade bread roll              |