

	Week	Meat-free Monday	Tuesday	Wednesday	Thursday	Fish-Friday
LUNCH	1	<p>Quiche: homemade broccoli and cheese quiche with low sugar/ salt baked beans and salad</p> <p> pudding:</p> <ul style="list-style-type: none"> <li>Banana and custard</li> </ul>	<ul style="list-style-type: none"> <li>Shepherd's Pie: lean minced beef – onions garlic, low salt stock cubes, chopped tomatoes and mashed Maris piper potatoes with <b>seasonal</b> vegetables e.g. peas, carrots, broccoli.</li> <li>V: Vegetarian Shepherd's pie made with kidney beans and seasonal vegetables</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Plain yoghurt and fresh seasonal fruit</li> </ul>	<ul style="list-style-type: none"> <li>Chickpea and vegetable curry with basmati rice: chickpeas onions garlic mixed peppers, mild curry paste, natural yoghurt, cauliflower, coconut milk – Basmati rice</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Fresh mixed melons</li> </ul>	<ul style="list-style-type: none"> <li>Roast chicken – free range chicken breast, roasted potatoes and <b>seasonal</b> vegetables e.g. peas carrots broccoli cauliflower, with vegetable low-salt gravy</li> <li>V: Quorn sausages to replace chicken</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Rice pudding with mixed berries</li> </ul>	<ul style="list-style-type: none"> <li>Claire's tuna pasta bake: tuna in spring water - garlic, onion vegetables- peas, green and red peppers with wholegrain fusilli pasta and cheddar cheese</li> <li>V: Vegetarian pasta bake with added lentils</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Ice cream with fruit puree topping</li> </ul>
	2	<ul style="list-style-type: none"> <li>Chicken with couscous: onion, garlic, herbs, carrot, green beans, beans, organic chopped tomatoes, leek, pepper, parsnip.</li> <li>V: Vegetable and bean sauce with couscous</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Plain yoghurt and dried fruits</li> </ul>	<ul style="list-style-type: none"> <li>Wholegrain lasagne – lean minced beef, onions, garlic, organic chopped tomatoes, white sauce, topped with cheddar cheese</li> <li>V: Vegetarian lasagne with Quorn mince and vegetables</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Rhubarb crumble</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable risotto: seasonal vegetables and Arborio rice with beans and peas sprinkled with cheese</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Tinned peaches and crème fraiche</li> </ul>	<ul style="list-style-type: none"> <li>Paella: free range chicken breast with onion, garlic, turmeric, lentils, green and red peppers and rice</li> <li>V: Vegetable paella with lentils</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Banana and custard</li> </ul>	<ul style="list-style-type: none"> <li>Fish pie and peas: fresh salmon, cod and haddock in white sauce with mashed potatoes and topped with cheddar cheese. Served with peas.</li> <li>V: Vegetable pie – seasonal vegetables and chickpeas in white sauce, mashed potatoes top with melted cheese.</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Seasonal fruits / mixed berries</li> </ul>
	3	<ul style="list-style-type: none"> <li>Chicken Fajitas: free range chicken breast with roasted Mediterranean vegetables, onions, peppers, aubergines and courgettes with wrap bread</li> <li>V: Fajitas with roasted Mediterranean vegetables, onions, peppers, aubergines and courgettes with cheese in wraps</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Rice pudding and berries</li> </ul>	<ul style="list-style-type: none"> <li>Chicken with polenta: free range chicken breast, <b>seasonal</b> diced vegetables, onion, garlic, herbs, organic chopped tomatoes, with polenta</li> <li>V: Falafels or chickpeas to replace chicken</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Stewed apples and custard</li> </ul>	<ul style="list-style-type: none"> <li>Quorn Spaghetti Bolognese: Quorn mince with mushrooms, onions, garlic, organic chopped tomatoes and herbs with wholegrain spaghetti and grated cheese</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Fresh fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>Chilli Con Carne: quality lean minced beef with onions, garlic, organic chopped tomatoes and red peppers with wholegrain rice</li> <li>V: Mixed bean chilli with peppers and potatoes</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Pineapple and plain yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Fish fingers: cod or salmon with sweet potato wedges and sweet corn</li> <li>V: Crispy bake and vegetables with low sugar/salt baked beans</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Orange slices with milk</li> </ul>
	4	<ul style="list-style-type: none"> <li>Chicken stir-fry with noodles: free range chicken breast, stir fry sauce, organic chopped tomatoes, mixed peppers, courgettes with noodles</li> <li>V: Tofu substitute for chicken – well seasoned.</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Fresh fruit smoothie made with milk (150mls serving)</li> </ul>	<ul style="list-style-type: none"> <li>Turkey meatball korma rice: lean turkey mince with herbs, onion, garlic, peppers with plain yoghurt, coconut milk and rice</li> <li>V: Falafels/lentil meatball replacement or add chickpeas into the existing sauce.</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Pineapple slices</li> </ul>	<ul style="list-style-type: none"> <li>Bean stew – Black beans, cannellini beans, butter beans, kidney beans, lentils, herbs and spices with organic potatoes</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Bananas and custard</li> </ul>	<ul style="list-style-type: none"> <li>Mexican beef enchiladas: quality lean minced beef with onions, organic chopped tomatoes, and sweetcorn with yoghurt/cheese topping and wholegrain wraps</li> <li>V: Quorn mince replacement for the beef</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Pear slices</li> </ul>	<ul style="list-style-type: none"> <li>Rice, fish and vegetables: sustainable tinned tuna in spring water with onion, garlic, herbs, carrot, green beans, beans, tomato, leek, pepper and parsnip.</li> <li>V: Cauliflower cheese bake</li> </ul> <p> pudding:</p> <ul style="list-style-type: none"> <li>Strawberries and Greek yoghurt</li> </ul>

TEA	1	<ul style="list-style-type: none"> <li>Spinach and ricotta tortellini with beef/Quorn sauce &amp; cheese</li> </ul> Fruit based cheesecake	<ul style="list-style-type: none"> <li>Mini turkey burgers/Quorn burgers in pitta bread with salad</li> </ul> Stewed apple and custard	<ul style="list-style-type: none"> <li>Baked beans on wholegrain toast</li> </ul> Orange slices with milk	<ul style="list-style-type: none"> <li>Pizza: Cheese and tomato (with lentils/quality ham/tuna) with side salad</li> </ul> Fruit salad	<ul style="list-style-type: none"> <li>Chicken/chickpea and vegetable couscous salad</li> </ul> Rhubarb crumble with yoghurt
	2	<ul style="list-style-type: none"> <li>Soup – lentil and tomato soup with ciabatta garlic bread</li> </ul> Apple, oats and custard	<ul style="list-style-type: none"> <li>Chicken and mixed vegetable soup/Minestrone soup with beans and a wholegrain roll</li> </ul> Rice pudding with banana	<ul style="list-style-type: none"> <li>Sandwiches – Tuna, sweet corn and plain yoghurt / hummus and cucumber / cheese and tomato on wholegrain medium sliced bread</li> <li>Mixed berries</li> </ul>	<ul style="list-style-type: none"> <li>Spanish omelette with potatoes, peppers and tomatoes and cheese</li> </ul> Watermelon and mint	<ul style="list-style-type: none"> <li>Vegetable risotto with butterbeans and peas</li> </ul> Yoghurt and dried fruits
	3	<ul style="list-style-type: none"> <li>Mac and cheese with peas and beans</li> </ul> Stewed apples	<ul style="list-style-type: none"> <li>Scrambled egg with red peppers on wholegrain toast</li> </ul> Fresh fruit smoothie with milk	<ul style="list-style-type: none"> <li>Chicken/chickpeas and tomato pasta</li> </ul> Pineapple and plain yoghurt	<ul style="list-style-type: none"> <li>Quality ham/kidney bean and broccoli quiche</li> </ul> Ice cream and fruit puree	<ul style="list-style-type: none"> <li>English muffin with cheese and lentil/beef mince sauce</li> </ul> Pear slices
	4	<ul style="list-style-type: none"> <li>Potato and leek soup with chicken/butter beans</li> </ul> Pineapple chunks and cheese	<ul style="list-style-type: none"> <li>Ciabatta with cheese and garlic and carrot, lentil and coriander soup</li> </ul> Fresh fruit salad	<ul style="list-style-type: none"> <li>Stuffed wholegrain pitta with egg/tuna/hummus and salad</li> </ul> Strawberries and Greek yoghurt	<ul style="list-style-type: none"> <li>Jacket potatoes –(pre-school and toddlers) with baked beans</li> </ul> Rice pudding with dates	<ul style="list-style-type: none"> <li>Pizza: Cheese and tomato (with lentils/quality ham) with side salad</li> </ul> Orange slices
High Tea		Fruit	Crackers	Fruit	Toast	Raisins