



Week 1

	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
Lunch	Vegetarian shepherd's pie	Spaghetti bolognaise	Roasted gammon with vegetables, potatoes and gravy	Peri peri chicken with rice	Tuna pasta bake with sweetcorn
Vegetarian alternative	As above	Veggie bolognaise	Roast Quorn with vegetables, potatoes and gravy	Peri peri Quorn with rice	Veggie fingers, wedges and mushy peas
Pudding	Selection of fresh fruit	Jam and coconut cake	Yogurt	Fruit crumble and custard	Mixed fruit and ice cream
Afternoon Tea	Jacket potato with cheese and beans	Selection of wraps with vegetable sticks	Soup and bread	Crackers with cheese, ham and vegetable sticks	Sausage rolls with beans
Vegetarian alternative	As above	Cheese/Quorn meat wraps with vegetable sticks	Vegetarian soup and bread	Crackers with cheese, Quorn meat and vegetable sticks	Cheese and onion rolls with beans
Pudding	Banana bread	Ice cream on a cone	Fruit medley	Jelly	Caramel cookies



Week 2

	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
Lunch	Vegetable curry with rice	Moroccan mince with cous cous	Fish pie with mixed vegetables	Lasagne with garlic bread and sweet corn	Carbonara with broccoli
Vegetarian alternative	As above	Moroccan quorn with cous cous	Quorn pie with mixed vegetables	Vegetable lasagne with garlic bread and sweet corn	Vegetable carbonara with broccoli
Pudding	Fruit bowl	Baked apples in cinnamon with custard	Fruit and ice cream	Gypsy tart	Selection of fruit
Afternoon Tea	Cheese and spinach pinwheel	Sweet potato burger with coleslaw	Selection of sandwiches with vegetable sticks	Tortellini in tomato sauce	Fishcakes, cucumber sticks and hummus.
Vegetarian alternative	As above	As above	Vegetarian selection of sandwiches with vegetable sticks	As above	Veggie cakes, cucumber sticks and hummus.
Pudding	Bananas and custard	Yogurt	Lemon cheesecake	Fresh fruit	Raisin Flapjacks



Week 3

	Meat free Monday	Tuesday	Wednesday Around the world lunch	Thursday	Friday
Breakfast	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
Lunch	Mediterranean vegetable pasta bake with garlic bread	Savoury meat pie with mash and cabbage		Chicken and coconut curry with rice	Fish fingers, wedges and mushy peas
Vegetarian alternative	As above	Savoury Quorn pie with mash and cabbage		Quorn pieces and coconut curry with rice	Veggie fingers, wedges and peas
Pudding	Fresh fruit	Fruit jelly	Yogurt	Fruit and cream	Rice pudding
Afternoon Tea	Loaded wedges and coleslaw	Tuna and sweetcorn pasta	Pizza wraps and vegetable sticks	Sausages with baked beans and toast	Selection of sandwiches with vegetable sticks
Vegetarian alternative	As above	Vegetable pasta	Cheese pizza wraps and vegetable sticks	Quorn sausages with baked beans and toast	Cheese/ Quorn meat sandwiches with vegetable sticks
Pudding	Melba Eton mess	Apple and sultana whirl	Ice cream on a cone	Lemon drizzle cake	Short bread biscuits



Week 4

	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
Lunch	Macaroni cheese with vegetables	Mexican chilli and rice	Chicken casserole with mash and vegetables	Toad in the hole with gravy and vegetables	Meatballs in tomato sauce and cous cous
Vegetarian alternative	As above	Quorn chilli and rice	Quorn fillet casserole with mash and vegetables	Quorn toad in the hole with gravy and vegetables	Veggie meatballs in tomato sauce and cous cous
Pudding	Fruit platter	Syrup sponge and custard	Spiced apples and ice cream	Yogurt	Fruit medley
Afternoon Tea	Mediterranean vegetable cous cous	Selection of sandwiches with cucumber sticks	Mushroom and spinach paella	Soup and bread	Cheese and tomato bruschetta with vegetable sticks
Vegetarian alternative	As above	Cheese/Quorn meat sandwiches with cucumber sticks	As above	Vegetarian soup and bread	As above
Pudding	Banana cake	Selection of Fruit	Crispy cakes	Melba cake	Oat and raisin cookies