

Name:

School:

Diet required: BEEF FREE

## Week one

Dates: 30 Oct, 20 Nov, 11 Dec, 01 Jan, 22 Jan, 05 Mar, 26 Mar

Dish of the Day	Chicken Korma & Rice or Potato & Vegetable Hotpot
Vegetables	Sweetcorn or Salad
Dessert	Fruity Yogurt with a Crunchy Twist

Dish of the Day	Beany Pasta
Vegetables	Rainbow Vegetables or Salad
Dessert	Pineapple Upside Down Cake with Custard

Dish of the Day	Roast Ham Slices in Gravy & Roast Potato or Cauliflower & Sweetcorn Bake
Vegetables	Green Vegetable Medley or Salad
Dessert	Yoghurt & Melon Slices

Dish of the Day	Cheese & Tomato Pizza or Salmon Paella
Vegetables	Peas & Sweetcorn or Salad
Dessert	Apricot Shortbread

Dish of the Day	Fish & Chips or Quorn Burger in a Bun with Chips
Vegetables	Baked Beans or Salad
Dessert	Yoghurt Apple & Grapes

Monday

Tuesday

Wednesday

Thursday

Friday

## Week two

Dates: 6 Nov, 27 Nov, 18 Dec, 08 Jan, 29 Jan, 19 Feb, 12 Mar

Dish of the Day	Veggie Sausage & Bean Casserole
Vegetables	Green Vegetable Medley or Salad
Dessert	Chocolate Muffin

Dish of the Day	Cheese & Tomato Pasta or Butternut Squash & Chickpea Curry
Vegetables	Peas & Sweetcorn or Salad
Dessert	Crunchy Red Berry Yoghurt

Dish of the Day	Roast Chicken in Gravy or Quorn Fillet served with Roast Potatoes
Vegetables	Carrot Batons or Salad
Dessert	Oat Cookie

Dish of the Day	Veggie Pasta Bolognese
Vegetables	Peas or Salad
Dessert	Yoghurt & Melon Slices

Dish of the Day	Fish & Chips or Free Range Omelette with Chips
Vegetables	Baked Beans or Salad
Dessert	Mandarin Drizzle

## Week three

Dates: 13 Nov, 04 Dec, 15 Jan, 05 Feb, 26 Feb, 19 Mar

Dish of the Day	Veggie Shepherd's Pie
Vegetables	Peas or Salad
Dessert	Yoghurt with Sliced Oranges & Grapes

Dish of the Day	Mild Chicken Tikka with Rice or Creamy Pesto Pasta
Vegetables	Batons Carrots & Sweetcorn or Sala
Dessert	Cheese & Crackers

Dish of the Day	Quorn Sausage in Gravy with Roast Potatoes
Vegetables	Green Vegetable Medley or Salad
Dessert	Mandarin Yoghurt Pot

Dish of the Day	Macaroni Cheese or Mild Bean Chilli & Rice
Vegetables	Rainbow Vegetables or Salad
Dessert	Toffee & Apple Muffin

Dish of the Day	Fish & Chips or Quorn Burger in a Bun & Chips
Vegetables	Baked Beans or Salad
Dessert	Yoghurt & Apples & Orange Slices

### Notes:

CAN HAVE JACKET POTATO WITH BAKED BEANS, TUNA MAYO OR CHEESE WHEN REQUESTED IF AVAILABLE