

Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Spring vegetable	Minestrone	Creamy parsnip & pear	Mushroom & parsley	Carrot & orange
Main meal one	 "Main Course" Chunky vegetable & puy lentil ragu with Chicken Creamy mushroom, & leek Sauce 50/50 penne pasta & garlic focaccia	Cowboy Pie with Suet Pastry Topping	"Make it mine Wednesday" The top dog! Chicken sausage or Quorn sausage topped with YOUR choice of: Sticky onions Mild beef chilli baked beans & ketchup	 Potato & chickpea with mango chutney Fruity turkey, red lentil & coconut curry with naan bread	"Sustainable Friday" Fisherman's pie with Sauté potato
Main Meal two		spinach & goats cheese puff tart			Stuffed pepper with giant cous cous, beans & roasted vegetables
On the Side	Steamed peas & carrots	Crispy roasties, broccoli & crushed swede	Skin on wedges, garden salad and sweetcorn	Steamed rice, turmeric cauliflower, spring cabbage	Roast carrots & crushed peas
Dessert	Raspberry, blueberry tray bake	Fresh cut fruit & yoghurt	Vanilla rice pudding with berry jam	Fresh cut fruit & yoghurt	Chocolate mousse
Everyday	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt



Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Potato & leek	Broccoli	Tomato & basil	Celeriac	Butternut squash
Main meal one	"Main Course" Tortilla Wrap with spiced beef, peppers & onions, salsa & sour cream	Cauliflower & broccoli with parmesan crumble topping	"Make it mine Wednesday" Vegetables & egg noodles with chicken or tofu, then YOUR choice of...	beef burger with soft toasted bun	"Sustainable Friday" Breaded white fish finger with tomato chutney
Main meal two	Tomato & mozzarella baked ciabatta	Herby chicken with tomato chutney & gravy	Sweet & sour sauce Sweet chilli sauce Hoisin sauce	Pea & sweet potato falafel with minted yoghurt	Squash, lentil & herb "sausage roll" with apple chutney
On the Side	Steamed rice, spring greens, baked squash	Mashed potatoes, savoy cabbage, mini corn on the cob	Stir fry greens, carrots	New potatoes, broccoli & baked roots	Baked chip, crushed peas, baked bean
Dessert	Blueberry cake	Fresh cut fruit & yoghurt	Double chocolate sponge with milk chocolate sauce	Fresh cut fruit & yoghurt	Ice cream
Everyday	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt

Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Creamy parsnip	Tomato & red pepper	Potato & watercress	Broccoli cheese	Root vegetable
Main meal one	"Meat free Monday" Quorn mince with wholemeal pasta Baked sweet potatoes with crushed peas & tomato relish 	Roast turkey breast with fruity gravy Harissa cauliflower with beetroot puree 	"Make it mine Wednesday" Steamed vegetable rice, topped with YOUR choice of... Creamy chicken & bacon Tomato, chick pea & oregano	Shepherds pie with lamb and root vegetables  Tricolour pasta with tomato, butter beans & red peppers	"Sustainable Friday" Battered white fish with lemon wedges Baked carrot & hummus wrap with cucumber yoghurt
Main meal two					
On the Side	Green beans & baked roots	Roast new potatoes, broccoli & crushed carrots	Spring greens & sugar snaps	Honey roast parsnips & steamed corn	Chips, garden peas & baked beans
Dessert	Carrot cake with frosting		Apple & sultana oat crumble with custard		Chocolate cookie
Everyday	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt