

MAKE

GOOD CHOICES.

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Chicken burger with hash brown	Bolognaise pasta	Roast chicken with roast potatoes, carrots and parsnips	Beef Katsu curry served with 50/50 rice	Fish and chips
Main Meal Vegetarian	Veggie burger with hash brown	Tomato sauce pasta	Veggie roast with roast potatoes, carrots and parsnips	Veggie Katsu curry with rice	Veggie nuggets or veggie dippers and chips
Vegetables	Broccoli Sweetcorn Mixed Garden Salad	Garden Peas, Mixed Garden Salad	Roast Potatoes Carrots parsnips	Herby Potatoes Green Beans Mixed Garden Salad	Chips Baked Beans Mixed Garden Salad
Dessert	Cookies Popcorn	Cookies Popcorn	Cookies Popcorn	Cookies Popcorn	Cookies Popcorn



MAKE

GOOD CHOICES.

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Southern fried chicken with wedges	Pork noodles	Roast of the Day with Traditional Accompaniments	Beef chili Served with 50/50 rice	Fish and chips
Main Meal Vegetarian	Quorn dippers with wedges	Veggie noodles	Veggie roast with Traditional accompaniments	Chili Quorn served with 50/50 rice	Veggie nuggets and chips
Vegetables	Cauliflower & cheese Mixed Garden Salad	Green beans Mixed Garden Salad	Roast Potatoes Carrots Parsnips	Sweetcorn Mixed Garden Salad	Baked Beans Mixed Garden Salad
Dessert	Cookies Popcorn	Cookies Popcorn	Cookies Popcorn	Cookies Popcorn	Cookies Popcorn

MAKE

GOOD CHOICES.

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Smoked Frankfurt & Mash With gravy	Mac & cheese	Roast of the Day with Traditional Accompaniments	Chicken tikka served 50/50 with rice	Fish and chips
Main Meal Vegetarian	Quorn sausage & Mash with gravy	Mac & cheese	Jacket potatoes With Baked beans	Veggie tikka served 50/50 with rice	Mozzarella dippers and chipS
Vegetables	Broccoli Mixed Garden Salad	Mozzarella spinach Mixed Garden Salad	Roast Potatoes Carrots and parsnips	Sweetcorn carrots Mixed Garden Salad	Baked Beans Mixed Garden Salad
Dessert	Cookies Popcorn	Cookies Popcorn	Cookies Popcorn	Cookies Popcorn	Cookies Popcorn