



# Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Meatballs in Tomato Sauce	Cheese & Tomato Pizza <sup>VG</sup>	Roast Beef with Roast or Creamed Potatoes <sup>DF EF</sup>	Homemade Lasagne with Crusty Bread	Harry Ramsdens Battered Fish
Option 2	Stuffed Peppers with Quorn Mince	Veggie Bolognese	Homemade Veggie Roast <sup>VG</sup>	Quorn Sausages with Creamed Potatoes	Cheese and Onion Pasty <sup>VG</sup>
Sides	Cous Cous with Mediterranean Roasted Vegetables	Baked Beans, Sweetcorn & Tomato Ketchup	Cabbage, Carrots & Gravy	Peas & Sweetcorn	Chips or Pasta, Seasonal Vegetables & Tomato Ketchup
Desserts	Chocolate Cake with Chocolate Sauce	Toffee Apple Crumble & Custard	Cheese & Biscuits with Grapes or Apple Slice or Ambrosia Rice Pot	Flapjack Slice with a Fruit Drink	Oat & Sultana Cookie with a Milk Drink

Available Each Day Fresh fruit, salad, bread, yoghurt and water  
Jacket potato option (please check with your school for availability)

Week starting: 17 Apr • 8 May • 5 Jun • 26 Jun • 17 Jul • 11 Sept • 2 Oct



# Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tomato Penne Pasta with optional Olives & Basil <sup>DF VG</sup>	Westcountry Burger in a Bap	Roast Chicken & Stuffing <sup>DF EF</sup>	Chicken & Sweetcorn Pasta Bake	Fish Fingers <sup>GF DF</sup>
Option 2	Smoked Lentil & Black Bean Chilli Served with Rice	Mexican Bean Burrito	Cheese & Potato Bake <sup>VG EF</sup>	Cheese Wheels, Corn-on-the-Cob & Crusty Bread <sup>VG</sup>	Quorn Burger <sup>VG</sup>
Sides	Crusty Bread, Green Leaf Salad & Coleslaw	Peas & Wedge Potatoes	Roast Potatoes or Mashed Potatoes, Broccoli, Carrots & Gravy	Salad &/or Peas	Chips or Pasta, Seasonal Vegetables & Tomato Relish
Desserts	Melon & Grape Medley	Jaynes Dairy Free Chocolate Orange Iced Cake	Banana Split served with a Fruit Coulis	Lemon Mousse Slice	Fruit Cake with Milkshake

Available Each Day Fresh fruit, salad, bread, yoghurt and water  
Jacket potato option (please check with your school for availability)

Week starting: 24 Apr • 15 May • 12 Jun • 3 Jul • 24 Jul • 18 Sept • 9 Oct

## Did you know?

Mexico is a country in North America, its capital is Mexico City. Mexico is famous for its spicy hot chillies! Try some Mexican style foods with our smoky lentil and black bean chilli, Burritos and Fajitas.



# Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Wrapped in Bacon with BBQ Sauce on the side <sup>GF DF EF</sup>	Homemade Quorn Spaghetti Bolognese <sup>DF EF</sup>	Roast Pork & Apple Sauce with Roast or Creamed Potatoes <sup>DF EF</sup>	Sausage or Quorn Sausage with Omelette	Seaside Battered Fish
Option 2	Mac 'N' Cheese <sup>VG</sup>	Vegetable Fajita <sup>VG</sup>	Homemade Veggie Plait <sup>VG</sup>	Vegetable & Quorn Paella <sup>EF VG DF</sup>	Stir Fry Vegetables & Tofu with Noodles & a sweet Chilli Sauce <sup>VG</sup>
Sides	Mixed Summer Vegetables and Creamed Potato Side Salad	Peas & Coleslaw	Carrots, Green Beans & Gravy	Diced Potatoes, Baked Beans and Mushrooms	Chips or Pasta, Seasonal Vegetables & Tomato Ketchup
Desserts	Iced Caribbean Cake (Banana, Pineapple & Orange)	Raspberry Mousse Slice	Fresh Fruit with Milkshake or Ambrosia Rice Pot	Fruit Jelly	Chocolate & Raisin Cracknel Fruit Juice Drink

Available Each Day Fresh fruit, salad, bread, yoghurt and water  
Jacket potato option (please check with your school for availability)

Week starting: 1 May • 22 May • 19 Jun • 10 Jul • 4 Sept • 25 Sept • 16 Oct

## Did you know?

Spain is a country in Europe its capital is Madrid. Spain has over 1,000 miles of coastline around the Mediterranean sea. Try our Spanish influenced foods including Paella, Cous cous with Mediterranean roasted vegetables and stuffed peppers.

## Did you know?

Italy is a country in Europe, its capital is Rome. Italy is famous for pizza and pasta, try our meatballs, bolognese, pizza and pasta dishes to sample some of the foods Italy has to offer.