



Week 1	MFM Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	Pork Sausage with Mash & Gravy	Beef & Stew with Dumplings	Roast Chicken with Roast Potatoes & Gravy	Chicken Curry with Rice	Fish Fingers with Chips
VEGETARIAN FROM THE KITCHEN	Macaroni Cheese	Neopolitan Pasta Bake	Toad in the Hole (Quorn sausage)	Cheese & Tomato Wholemeal Quiche with Crushed Potatoes	Quorn Burger with Chips
VEGETABLES	Green Beans & Carrots	Cauliflower & Peas	Green Cabbage & Carrots	Coleslaw & Sweetcorn	Peas & Baked Beans
Bread	Freshly made bread	Freshly made bread	Freshly made bread	Freshly made bread	Freshly made bread
Carbs	Mashed Potatoes	Crushed Potatoes	Roast Potatoes	Potato Wedges (oil free)	Chips
JACKET	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Salmon Mayonnaise, Baked Beans or Coleslaw	Cheese, Salmon Mayonnaise , Baked Beans or Coleslaw
DESSERT	(50%) Apple Crumble with Custard	Flapjack	Lemon & Courgette Muffin	(50%) Fruit Sponge with Custard	Chocolate Brownie



Week 2	MFM Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	BBQ Chicken with Rice	Beef Pasta Bolognaise	Roast Gammon with Roast Potatoes & Gravy	Turkey & Leek (Wholemeal) Pie with Potato Wedges	Battered Fish with Chips
VEGETARIAN FROM THE KITCHEN	Red Onion & Tomato Frittata with Salad	Quorn Meatball with Tomato Sauce & Pasta	Vegetable Lasagne	Sweet Potato & Bean Ragù with Potato Wedges	Quorn Frankfurter with Chips
VEGETABLES	Coleslaw & Sweetcorn	Peas & Carrots	Red Cabbage & Broccoli	Green Beans & Sweetcorn	Peas & Baked Beans
Bread	Freshly made bread	Freshly made bread	Freshly made bread	Freshly made bread	Freshly made bread
Carbs	Rice	New Potatoes	Roast Potatoes	Wedge Potatoes (Oil Free)	Chips
JACKET	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw
DESSERT	(50%) Jelly with Mandarin	(50% Fruit) Pear & Chocolate Sponge with Vanilla Sauce	Rice Pudding & Jam	Chocolate Beetroot Brownie	Banana Muffin



Week 3	MFM Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	Chicken Chow Mein (Noodles)	Cottage Pie	Roast Pork with Roast Potatoes & Gravy	Red Thai Chicken Curry with Rice	Fish Fingers with Chips
VEGETARIAN FROM THE KITCHEN	Quorn & Vegetable Fajita	Quorn Sausages & Gravy	Vegetable, Cheese & Bean Quesedillas	Shepherdess Pie	Roast Vegetable Quiche (Wholemeal Pastry)
VEGETABLES	Peas & Coleslaw	Cauliflower & Carrots	Carrots & Green Cabbage	Sweetcorn & Green Beans	Peas & Baked Beans
Bread	Freshly made bread	Freshly made bread	Freshly made bread	Freshly made bread	Freshly made bread
Carbs	Paprika Wedges (Oil Free)	Mashed Potato	Roast Potatoes	Rice	Chips
JACKET	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw
DESSERT	Jam & Coconut Sponge with Custard	Fresh Fruit Salad	Lemon Drizzle	(50% Fruit) Pineapple Upside Down with Custard	Chocolate Muffin