

4 Weekly Menu Choices

WEEK 1

Name: _____

Day	Main Course		Dessert	
Monday	1. Pizza Marguerita, waffles & sweetcorn		1.Flapjack	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Tuesday	1. Spaghetti Bolognese & garlic bread		1. Swiss roll & custard	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Wednesday	1. Chicken Korma, Basmati rice & mixed veg		1. Ice cream	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Thursday	1. Sausage, mash & carrots		1. Yogurt	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Friday	1. Fish & chips with peas		1. Lemon sponge & custard	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
<i>NB Please indicate ONE choice of filling for baps</i>				

4 Weekly Menu Choices

WEEK 2

Name: _____

Day	Main Course		Dessert	
Monday	1. 2 Chicken teddies, potato smiles & mixed veg		1. Shortbread	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Tuesday	1. Steak casserole, vegetables & roast potatoes		1. Fresh fruit salad	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Wednesday	1. Lasagne, garlic bread & sweetcorn		1. Ice cream	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Thursday	1. Fish fingers, mash & veg		1. Jam sponge & custard	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Friday	1. Sausage roll, chips & peas		1. Rice pudding & jam	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
<i>NB Please indicate ONE choice of filling for baps</i>				

4 Weekly Menu Choices

WEEK 3

Name: _____

Day	Main Course		Dessert	
Monday	1. Toad in the hole, roast pots & broccoli		1. Ice cream	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Tuesday	1. Chicken korma, rice & sweetcorn		1. Apple crumble & custard	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Wednesday	1. Cheesy pasta with breaded salmon fillet & peas		1. Yogurt	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Thursday	1. Savoury mince, potato wedges & carrots		1.Chocolate sponge & custard	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Friday	1. 2oz Beef burger in a bun, chips & baked beans		1.Flapjack	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
<i>NB Please indicate ONE choice of filling for baps</i>				

4 Weekly Menu Choices

WEEK 4

Name: _____

Day	Main Course		Dessert	
Monday	1. Sausage, waffles & sweetcorn		1.Peaches	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Tuesday	1. Sweet & sour chicken, rice & sweetcorn		1.Rice pudding & jam	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Wednesday	1. Cottage pie & broccoli		1.Smoothie	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Thursday	1. Macaroni cheese, garlic bread & carrots		1.Plain sponge & custard	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
Friday	1. Fish, chips & peas		1.Shortbread	
	2. Filled Bap: Tuna / Egg / Ham / Cheese served with raisins		2.Fresh fruit	
	3. Jacket potatoes with: Tuna / Cheese / Baked beans			
<i>NB Please indicate ONE choice of filling for baps</i>				