

4 Weekly Menu Choices

WEEK 1

Name: _____

Day	Main Course		Dessert	
Monday	1. Homemade tomato & cheese pizza, waffles & sweetcorn		1. Peaches & cream	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Tuesday	1. Spaghetti Bolognese & garlic bread		1. Swiss roll	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Wednesday	1. Chicken Fajita wrap & savoury rice		1. Ice cream	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Thursday	1. Cumberland sausage, mashed potato & carrots		1. Yogurt & shortbread	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Friday	1. Mini roast beef, Yorkshire pudding, roast potatoes & veg		1. Flapjack	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
<i>Sandwiches are served with salad, raisins & a small yogurt</i>				

4 Weekly Menu Choices

WEEK 2

Name: _____

Day	Main Course		Dessert	
Monday	1. Chicken curry, rice & naan bread		1. Yogurt & shortbread	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Tuesday	1. Steak pie, roast potatoes & veg		1. Ice cream	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Wednesday	1. Lasagne, garlic bread & sweetcorn		1. Fresh fruit salad	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Thursday	1. Fish fingers, mashed potato & baked beans		1. Jam sponge & custard	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Friday	1. Sausage roll, chips & peas		1. Rice pudding & jam	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
<i>Sandwiches are served with salad, raisins & a small yogurt</i>				

4 Weekly Menu Choices

WEEK 3

Name: _____

Day	Main Course		Dessert	
Monday	1. Cumberland sausage, waffles & sweetcorn		1. Apple crumble & custard	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Tuesday	1. Chicken pie, mashed potato & veg		1. Ice cream	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Wednesday	1. Cheesy pasta with a breaded salmon fillet & peas		1. Yogurt & shortbread	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Thursday	1. Savoury mince, potato wedges & carrots		1. Chocolate sponge & custard	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
Friday	1. Fish, chips & peas		1. Flapjack	
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)		2. Fresh fruit	
	3. Jacket potato with: Tuna / Cheese / Baked beans			
<i>Sandwiches are served with salad, raisins & a small yogurt</i>				

4 Weekly Menu Choices

WEEK 4

Name: _____

Day	Main Course	Dessert
Monday	1. Toad in the hole, roast potatoes & broccoli	1.Arctic roll
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)	2.Fresh fruit
	3. Jacket potato with: Tuna / Cheese / Baked beans	
Tuesday	1. Chinese chicken with noodles & stir fry veg	1. Jelly with fruit
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)	2.Fresh fruit
	3. Jacket potato with: Tuna / Cheese / Baked beans	
Wednesday	1. Cottage pie & broccoli	1.Rice crispy chocolate cake
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)	2.Fresh fruit
	3. Jacket potato with: Tuna / Cheese / Baked beans	
Thursday	1. Macaroni cheese, garlic bread & carrots	1.Jam sponge & custard
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)	2.Fresh fruit
	3. Jacket potato with: Tuna / Cheese / Baked beans	
Friday	1. Fish, chips & peas	1.Smoothie & shortbread
	2. Sandwich with: Tuna / Egg / Ham / Grated Cheese (please indicate one filling)	2.Fresh fruit
	3. Jacket potato with: Tuna / Cheese / Baked beans	
<i>Sandwiches are served with salad, raisins & a small yogurt</i>		