

## Week 1

### Monday

Oven Baked Sausage  
Mash Potatoes, peas  
& Onion Gravy

or

V Quorn Bolognese H &  
Homemade Garlic Bread

Oat Cookies

### Tuesday

Chicken Curry H  
Basmati Rice & Naan Bread

or

V Cheese & Potato Pie  
Baked Beans

Choc Chip Muffin V

### Wednesday

Roast Gammon or V Quorn Fillet H  
Cauli and Broccoli mix  
Roast Potatoes & Gravy

or

V Baked Cherry Tomato Frittata,  
Potato Wedges  
Side salad

Fruit Jelly

### Thursday

V Quorn Nuggets H  
Mixed Vegetable Rice  
Sweet & Sour or Curry Sauce

or

V All in Stew  
Warm Crusty Bread  
Beetroot

Iced Fairy Cake V H

### Friday

Fishy Friday  
Chipped Potatoes  
Garden Peas

or

V Pasta Bake H  
Crispy Green Salad  
Shortbread Finger V H

# Munchkins

## Let's make some HEALTHY CHOICES

## Week 2

### Monday

V Cooks Choice Pizza H  
Mixed Salad &  
Seasoned Wedges

or

Meatballs in Gravy  
Mixed Vegetables  
& Seasoned Wedges

Homemade Biscuit V H

### Tuesday

Sausage & Bean filled  
Yorkshire Puddings &  
Mashed Potatoes

or

V Pasta Bake topped with  
Mozzarella Cheese H  
Garlic Bread

Jam & Coconut Sponge V

### Wednesday

Roast Turkey & Gravy  
Carrot & Sweetcorn  
Roast Potatoes

or

V Baked Quorn Sausage H  
Gravy

Carrots & Sweetcorn  
Roast Potatoes

Frozen Yoghurt Pot V

### Thursday

Chicken Tikka Masala H  
Yellow Rice  
Naan Bread

or

V Cheese & Potato Whirls  
Baked Beans

Choice of Fresh Fruit or  
Cheese & Crackers

### Friday

Fishy Friday  
Chipped Potatoes  
Peas & Sweetcorn

V Cheese & Red Onion Quiche  
Peas & Sweetcorn  
Chipped Potatoes

Chocolate And Banana Muffin V H

## Week 3

### Monday

Sausage Roll & Baked Beans  
Oven baked Mini Potato Waffles

or

V Quorn Curry H  
Rice  
Naan Bread

Cherry Shortbread V H

### Tuesday

Spaghetti Bolognese  
Crusty Bread

or

V Cheese H or Pepperoni Pizza Slice  
Coleslaw & Jacket Potato

V Jam Tart & Custard

### Wednesday

Roast Chicken H & Gravy  
Broccoli, Cauli and Carrot mix  
Roast Potatoes

or

V Quorn Mince & Veg pie  
Roast Potatoes

V Fruit Jelly H & Cream

### Thursday

Cottage Pie  
Diced Carrots

or

V Chicken & Bacon or Quorn H  
Pasta  
Broccoli

Apple & Raisin Flap Jacks V H

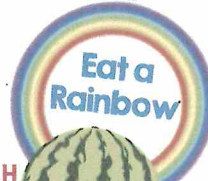
### Friday

Fishy Friday  
Peas & Skinny Fries

or

V Vegetable Burrito & Salad  
Tomato and Sweetcorn Salsa  
Lemon Drizzle Cake V H

Protein  
gives you  
strength

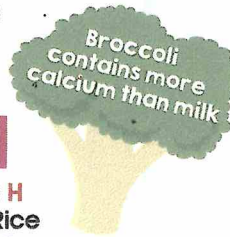


Eat a  
Rainbow

Vitamin C  
fights  
infections

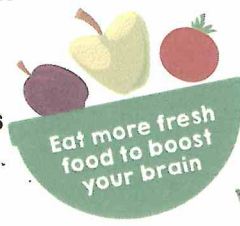


Broccoli  
contains more  
calcium than milk



Raspberries  
are good for  
healthy bones  
and skin

Eat more fresh  
food to boost  
your brain



Available daily:

Fresh sandwiches, jacket potatoes  
with fillings, salad and fresh bread

Also available daily:

Fat free yoghurt, fresh fruit, fresh fruit juice,  
semi skimmed milk and fresh water

V Suitable for vegetarians

H Halal

HA Halal Alternative - please ask for information