## SCQOOLSO FOUR WEEK MEAL PLAN I CYCLE 15



WEEK TWO

|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Meat <br> /Fish | Fish Fingers | Lasagne | Chicken Pie | Roast Turkey | Sausage Roll |
| Potato | Chips | Potato Wedge | Crusty Bread | Roast <br> Potatoes | Herby Diced <br> Potatoes |
| Veg. | Baked Beans | Carrots | Peas | Mixed <br> Vegetables |  <br> Cucumber Salad |
| $\mathbf{V}$ | Cheese <br> Omlette |  <br> Bean Lasagne | Potato, Veg, <br>  <br> Cheese Pie | Quorn Vegan <br> Fillet | Vegan Sausage <br> Roll |
| Dessert |  <br> Strawberry <br> Muffin |  <br> Mandarins | Carrot Cake | Fruity Oaty |  |
| Biscuit |  |  |  |  |  |

## WEEK THREE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Meat <br> /Fish | Hot Dog | Fish Fingers | Seasoned <br> Chicken <br> Strips | Cottage Pie | Roast <br> Chicken |
| Potato | Seasoned <br> Potato <br> Wedges | Herby Diced <br> Potatoes | Macaroni <br> Cheese | Crusty Bread | Roast <br> Potatoes |
| Veg. | Baked <br> Beans | Carrots | Sweetcorn | Peas | Mixed <br> Vegetables |
| $\mathbf{V}$ | Vegan <br> Sausage | Quorn Vegan <br> Nuggets | Macaroni <br> Cheese | Savoury <br> Vegan Soya <br> Mince, Lentil <br> \& Bean <br> Cottage Pie | Quorn Vegan <br> Chicken <br> Fillet |
| Dessert | Ice Cream | Cornflake <br> Tart | Apple <br>  <br> Cream | Strawberry <br> Eaton Mess | Victoria <br> Sponge |

WEEKFOUR

|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Meat /Fish | Salmon Bites | Cheese \& Tomato Pizza | Chilli Beef Tortilla Chips | Sweet \& Sour Chicken | Sausages |
| Potato | Herby Diced Potatoes | Potato Wedge | Rice | Noodles | Mashed Potatoes |
| Veg. | Carrots | Baked Beans | Sweetcorn | Peas | Mixed Vegetables |
| V | Vegi Fingers | Cheese \& Tomato Pizza | Vegan Mince \& Mixed Bean Lentil Chilli | Macaroni Cheese | Vegan Sausages |
| Dessert | Pancake with Mandarins \& Cream | Sticky Toffee Cake | Chcocolate Sponge \& Custard | Scone with Jam | Chocolate Brownie |

