SChoolmeals four WEEK MEAL PLAN | CYCLE 15



| WEEK ONE THURSDAY FRIDAY | | | | | | |
|--------------------------|---------------------------|----------------------------------|---|--|-----------------------|--|
| 77551 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAT | |
| Meat | Burger & | Fish Fingers | Bolognaise | BBQ Chicken Wrap | Roast Chicken | |
| /Fish | Potato Wedge | Herby Diced | Pasta | Rice | Roast Potatoes | |
| | | Peas | Carrots | Sweetcorn | Mixed Vegetables | |
| Veg. | Baked Beans | 1 000 | C Vogan | | | |
| V | Vegi Burger | Quorn Vegan Nuggets | Soya Vegan Mince With Mixed Beans & Pulses | BBQ Vegan Soya Mince & Bean Wrap | Quorn Vegan Fillet | |
| | | | | Swiss | | |
| Desser | Gingerbreac t Biscuits | Chocolate Sponge & Custard | Fruit Cake | Roll with Strawberries & Cream | Ice Cream | |

WEEK TWO

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------------|-------------------------------------|------------------------------|--------------------------------------|------------------------|----------------------------|
| | Meat /Fish | Fish Fingers | Lasagne | Chicken Pie | Roast Turkey | Sausage Roll |
| d | Potato | Chips | Potato Wedge | Crusty Bread | Roast Potatoes | Herby Diced Potatoes |
| | Veg. | Baked Beans | Carrots | Peas | Mixed Vegetables | Carrot & Cucumber Salad |
| | V | Cheese Omlette | Soya Mince & Bean Lasagne | Potato, Veg, Bean & Cheese Pie | Quorn Vegan Fillet | Vegan Sausage Roll |
| 9 | Dessert | Chocolate & Strawberry Muffin | Jelly & Mandarins | Carrot Cake | Fruity Oaty Biscuit | Chocolate Brownie |

WEEK THREE

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

WFFK FOUR

| VVI | VI OOIV | | | | |
|---------------|---|--------------------------|--|-------------------------|----------------------|
| | 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 |



⁼ dessert alternative - If a dessert on any given day is not to your childs liking, alternatives of either yoghurt or a

PLEASE NOTE: We cannot 100% guarantee allergen information due to manufacturing changes, some suppliers are introducing tree nuts in to their production factories, as a result there will be a 'may contain nuts' on products supplied to us.