# SChoolmeals four WEEK MEAL PLAN | CYCLE 15



WEEK ONE THURSDAY FRIDAY						
V V III II	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAT	
Meat	Burger &	Fish Fingers	Bolognaise	BBQ Chicken Wrap	Roast Chicken	
/Fish	Potato Wedge	Herby Diced	Pasta	Rice	Roast Potatoes	
	Baked Beans	Peas	Carrots	Sweetcorn	Mixed Vegetables	
Veg.	Daked Dealis		Soya Vegan	ppo Vegan		
V	Vegi Burger	Quorn Vegan Nuggets	Mince With Mixed Beans & Pulses	BBQ Vegan Soya Mince & Bean Wrap	Quorn Vegan Fillet	
			1 444	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

WELKIOOK						
	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	



<sup>=</sup> 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.