

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Chicken curry of the week with steamed rice	Pork sausage with mashed potatoes and gravy	Margarita (v) or pepperoni pizza slice with oven chips	Beef scouse with crusty bread	Beef bolognaise and pasta
OPTION 2	Cheese and tomato pasta (v)	Hot BBQ, sweet chilli chicken or vegetarian wraps (v) with diced potatoes	Tempura fish goujons with oven chips	Sweet and sour chicken or quorn (v) with egg noodles	Cheese and tomato quiche (v) with half a jacket potato
OPTION 3	Vegetarian curry of the week with steamed rice (v)	Vegetarian sausage with mashed potatoes and gravy (v)	Vegetarian lasagne (v)	Vegetarian scouse with crusty bread (v)	Quorn bolognaise and pasta (v)
SIDES	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day
ALTERNATIVES	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.
DESSERT	Desserts of the day	Desserts of the day	Desserts of the day	Desserts of the day	Desserts of the day

(v) = Vegetarian Options

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Baked fish and oven chips	Roast of the day with gravy	Chicken curry of the week with steamed rice	Assorted pizza slice with diced potatoes	All day breakfast
OPTION 2	Mediterranean puff pastry tart with savoury rice (v)	Macaroni cheese (v)	Fish pie	Shepherd's pie	Cheese whirls with half a jacket potato (v)
OPTION 3	Beans on toast (v)	Vegetarian roast of the day (v)	Vegetarian curry of the week with steamed rice (v)	Vegetarian Shepherd's pie (v)	Vegetarian all day breakfast (v)
SIDES	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day
ALTERNATIVES	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.
DESSERT	Desserts of the day	Desserts of the day	Desserts of the day	Desserts of the day	Desserts of the day

(v) = Vegetarian Options

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Meatballs with fusilli pasta in tomato sauce	Chicken in a bun with oven chips	Meat and potato pie and gravy	Baked fish fingers with mashed potatoes and baked beans	Chicken curry of the week with steamed rice
OPTION 2	Chicken chow mein or vegetarian chow mein (v)	Sausage roll or vegan roll (v) with oven chips	Assorted pizza slice with diced potatoes	Gammon with mashed potatoes and baked beans	Vegetarian curry of the week with steamed rice (v)
OPTION 3	Mushroom fusilli in a vegetable sauce (v)	Cheese bake in a bun with oven chips (v)	Vegetarian pie and gravy (v)	Vegetarian brunch (v)	Penne pasta in a tomato and mascarpone sauce (v)
SIDES	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day
ALTERNATIVES	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.	Jacket potatoes, wraps, sandwiches etc.
DESSERT	Desserts of the day	Desserts of the day	Desserts of the day	Desserts of the day	Desserts of the day

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