

Week one

W/C 4 Sept, 25 Sept, 16 Oct, 6 Nov, 27 Nov

Beef and Vegetable Stew Slow braised beef and vegetables in a rich gravy	Mashed Potato Diced Carrot
Vegetable Bolognese Pasta Bake Soy mince and vegetables in an Italian style tomato bolognese sauce served over pasta	For Dessert... Chocolate Brownie
Jacket Potato with Spaghetti Hoops	
Ham and Cheese Carbonara Pasta Bake Creamy ham and cheese sauce served over pasta	Diced Potatoes Sweetcorn
Veggie Balls in BBQ Sauce Oven baked veggie balls served in a sweet BBQ sauce	For Dessert... Toffee Apple Turnover
Jacket Potato with Vegetable Bolognese	
Mild Chicken Curry Diced chicken breast served in a mild tomato, lentil and yoghurt curry sauce	Wholegrain Rice Mixed Vegetables
Sweet and Sour Quorn Quorn pieces served in a sweet and sour sauce	For Dessert... Chocolate Sponge with Custard
Jacket Potato with Baked Beans	
Roast Turkey with Gravy Roasted and sliced turkey served with a traditional gravy	Roast Potatoes Green Beans
Vegetarian Fillet with Gravy Vegetarian fillet served with a traditional gravy	For Dessert... Flapjack Bites
Jacket Potato with Tuna Mayo/onnaise	
Fish Fingers Oven baked white fish fingers in golden breadcrumbs with tomato ketchup	Chips Garden Peas
Quorn Burger in a Bun Quorn burger served in a soft roll with tomato ketchup	For Dessert... Muller Yoghurt
Jacket Potato with Cheese	

Week two

W/C 11 Sept, 2 Oct, 23 Oct, 13 Nov, 4 Dec

Lamb and Mint Meatballs in Tomato Sauce Oven baked lamb and mint meatballs served in a sweet tomato sauce	Wholegrain Rice Diced Carrot
Sweet Vegetable and Kidney Bean Casserole Sweet vegetables, potato and kidney beans in a tomato sauce	For Dessert... Chocolate Brownie
Jacket Potato with Spaghetti Hoops	
Roast Beef and Gravy Roasted and sliced silverside of beef served with a traditional gravy	Roast Potatoes Mixed Vegetables
Quorn Roast Roasted Quorn loaf sliced and served with a traditional gravy	For Dessert... Oat Cookie
Jacket Potato with Cheese	
Macaroni Cheese Short cut macaroni served in a creamy cheese sauce	Potato Wedges Sweetcorn
Chicken Stroganoff Chicken and vegetables cooked in a tomato and cream sauce	For Dessert... Citrus Sponge and Mandarin Segments
Jacket Potato with Tuna and Sweetcorn Mayo/onnaise	
BBQ Chicken Fillet Marinated oven baked chicken breast	Mashed Potato Green Beans
Vegetarian Sausages Oven baked Linda McCartney vegetarian chorizo and red pepper sausages	For Dessert... Sticky Toffee Pudding with Custard
Jacket Potato with Sweet Vegetable Curry	
Smart Crumb Fish Fillet Crumbed oven baked white fish fillet served with tomato ketchup	Chips Garden Peas
Quorn Hotdog in a Soft Roll Quorn hotdog served in a soft roll with tomato ketchup	For Dessert... Muller Yoghurt
Jacket Potato with Baked Beans	

Week three

W/C 18 Sept, 9 Oct, 30 Oct, 20 Nov, 11 Dec

Cheese and Tomato Pizza Whole wheat pizza base topped with tomato sauce and cheese	Diced Potatoes Sweetcorn
Roast Vegetable Pasta Bake Roasted vegetables in a tomato sauce served over pasta	For Dessert... Chocolate Cookie
Jacket Potato with Vegetable Bolognese	
Pork Sausages with Mashed Potato British pork sausages served with mashed potato and beans	Mashed Potato Baked Beans
Plain Omelette Lightly seasoned free range omelette made from British Red Lion eggs	For Dessert... Pancakes & Peaches
Jacket potato with Salmon Mayo/onnaise	
Cottage Pie Beef mince and vegetables in a rich gravy topped with mashed potato	Wholegrain Rice Green Beans
Vegetable Korma Mixed vegetables in a mild creamy curry sauce	For Dessert... Banana Sponge with Custard
Jacket Potato with Baked Beans	
Roast Pork with Gravy Roasted and sliced loin of pork served with a traditional gravy	Roast Potatoes Diced Carrot
Vegetarian Fillet with Gravy Vegetarian fillet served with a traditional gravy	For Dessert... Flapjack Bites
Jacket Potato with Cheese	
Fish Fingers Oven baked white fish fingers in golden breadcrumbs with tomato ketchup	Chips Garden Peas
Vegetarian Sausages Oven baked Linda McCartney red onion and rosemary sausages	For Dessert... Muller Yoghurt
Jacket Potato with Spaghetti Hoops	



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Keep yourself topped up with water – it will help you concentrate all day long.



If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt.



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EAT LEARN LIVE