

Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chickpea and Vegetable Stir-fry	Quiche Lorraine	Italian style Meatloaf	Chicken Caesar Salad	Battered Fish
Vegetarian Main Meal	Chickpea and Vegetable Stir-fry	Vegetable Quiche Or vegan tart	Vegetable Terrine	Quorn Caesar Salad	Roasted Cauliflower and Vegetables
Served with	Rice	New Potatoes Green beans	Mashed Potato Carrots Broccoli	Garlic bread	Chips Peas
Soup	Tomato	Butternut Squash	Leek and Potato	Red Pepper and Sweet Potato	Spicy Vegetable
Main Pudding	Raspberry Cheesecake	Apple and Plum Crumble	Banoffee Pie	Chocolate Mousse	Ice cream with various toppings
Snack Pudding	Fresh Fruit Salad Yoghurts	Fresh Fruit Salad Yoghurts	Fresh Fruit Salad Yoghurts	Fresh Fruit Salad Yoghurts	Fresh Fruit Salad Yoghurts



Gluten Free, Dairy Free
and Vegan Options
available daily

