

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

22 APRIL, 12 MAY, 9 JUNE, 30 JUNE, 21 JULY

MAIN MEAL 1

Chicken Curry

Quorn Burger in a Bun

Roast Chicken with Sage & Onion Stuffing & Gravy

Pork Sausages with Gravy

Battered Fish Fillet

MAIN MEAL 2

All Day Breakfast (Omelette, Grilled Tomato, Beans)

Beany Seashell Pasta

Cheesy Spring Vegetable & Potato Bake

Sweet & Sour Quorn

Cheese & Tomato Pizza

SIDE DISH

Brown & White Rice or Hash Brown

Potato Wedges or Herby Garlic Bread

Roast Potatoes or Wholemeal Pasta

Diced Potatoes or Brown & White Rice

Potato Wedges or Tricolour Pasta

DESSERT

WEEK 2

28 APRIL, 19 MAY, 16 JUNE, 7 JULY

MAIN MEAL 1

Beans & Cheese Slice

Chicken Pie with Gravy

Roast Beef with Gravy

Beef Burger in a Bun

Salmon & Sweet Potato Fishcake

MAIN MEAL 2

Macaroni Cheese

Mild Mexican Bean Chilli

Veggie Sausages with Gravy

Roasted Summer Veg Pasta

Cheese & Tomato Pizza

SIDE DISH

Diced Potatoes or Herby Garlic Bread

Potato Wedges or Brown & White Rice

Roast Potatoes or Wholemeal Pasta

Wholemeal Pasta or Diced Potatoes

Chips or Tricolour Pasta

DESSERT

WEEK 3

6 MAY, 2 JUNE, 23 JUNE, 14 JULY

MAIN MEAL 1

Chicken & Sweetcorn Meatballs with a Tomato Sauce

Beef Bolognese

Roast Pork with Sage & Onion Stuffing & Gravy

Quorn Hot Dog

Fish Fillet Fingers

MAIN MEAL 2

Breaded Bean & Vegetable Grill

Mild Sweet Potato & Chickpea Curry

Creamy Quorn & Sweetcorn Pasta Bake

Roasted Veg Lasagne

Cheese & Tomato Pizza

SIDE DISH

Spaghetti or Diced Potatoes

Pasta or Brown & White Rice

Roast Potatoes or Wholemeal Pasta

Potato Wedges or Herby Garlic Bread

Chips or Tricolour Pasta

DESSERT

**SUPER
CHARGE
YOUR
LUNCH!**

**BECOME
A SUPER
HEALTHY
SUPER
HERO!**