

# Week Three

Weeks commencing 1/5/23 22/5/23 19/6/23 10/7/23 18/9/23 9/10/23

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

1 CHOICE

Macaroni  
Cheese  
With Garlic  
bread and  
Salad

Meatballs in  
tomato sauce with  
Rice & Sweetcorn

Roast Gammon  
with Yorkshire  
Pudding & Gravy

Chicken Stir fry  
Noodles &  
Broccoli

Sausage and Chips

VEGGIE

2 CHOICE

Vegetable Sweet  
and Sour with  
Rice and Salad

Vegetarian Quorn  
balls with Rice and  
Sweetcorn

Braised Quorn  
Fillet with  
Yorkshire Pudding  
& Gravy

Vegetable stir fry &  
Broccoli

Cheese Omelette  
and Chips

lighter

3 BITE

Jacket Potato  
Choice of fillings

Jacket Potato  
Choice of fillings

Jacket Potato  
Choice of fillings

Jacket Potato  
Choice of fillings

Jacket Potato  
Choice of fillings

Baguette

4

Cheese OR Ham  
Baguette

Cold pizza Baguette  
Or Ham Baguette

Chicken mayo Or  
Ham  
Baguette

Sausage or Gammon  
Baguette

Cheese OR Ham  
Baguette

DESSERT

Banana Muffin  
OR Smoothie

Angel Delight Or  
Jelly

Waffle & ice cream  
Or Fruit

Fruit Scone With  
Jam and Cream Or  
Yoghurt

Ice cream pot or  
Fruit