

|                                       | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | TUESDAY                                                                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                |
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| <b>Main Meal</b>                      | <b>Pasta:</b><br>Diced Chicken in a Tomato and Garlic sauce served with a side of broccoli and sweetcorn                                                                                                                                                                                                                                                                                                                                                                            | <b>Curry: Chicken Korma</b><br>Boneless chicken in lightly spiced curry with a side of wholegrain rice and steamed peas                                                                                                                                                                                                          | <b>Veggie Cheese and Tomato Pizza</b><br>Stonebaked, Cheese and Tomato pizza and a side of Green salad (Cucumber, Carrots, Cherry Tomatoes, salad leaves, in a light olive oil dressing)                                                                                                                                                                                                                                           | <b>Beef Cottage Pie</b><br>Tender minced beef and sweet diced carrots in a rich gravy, with a side of fluffy golden mashed potatoes                                                                                                                                                                                                                                                          | <b>Fish</b><br>Flaky Salmon and Cod with sweet green peas baked in a smooth white sauce and swerved with a side of fluffy potatoes                                                                                                                                                                                                                                                    |
| <b>OR</b>                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Alternative Meal 1</b>             |  <br><b>Tomato &amp; Basil</b><br>Homemade tomato and basil sauce with penne pasta topped with cheddar cheese                                                                                                                                                                                                     | <br><b>Curry: Vegan Korma</b><br>Vegan pieces marinated in a homemade paste with wholegrain rice and steamed peas                                                                                                                               |  <br><b>Cheese and Tomato Pizza</b><br>5 Veg blended pizza sauce on Stone baked base, topped with Cheese and Basil and a side of Green salad                                                                                                                 |   <br><b>Vegan Cottage Pie</b><br>Vegan mince and sweet diced carrots in a rich gravy, with a side of fluffy golden mashed potatoes |   <br><b>Vegan Fishless</b><br>Baked Vegan Fishless with a side of crispy new potatoes, steamed broccoli and juicy sweetcorn |
| <b>OR</b>                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Alternative Meal 2: Sandwiches</b> |  <br><b>Jacket potato</b><br>Jacket potato with cheddar cheese and Baked beans<br><br><b>SANDWICH</b><br>CHEESE & CUCUMBER salad sandwich   | <br><b>SANDWICH</b><br>Homemade Tuna and Vegan Mayo in a white baguette   |  <br><b>SANDWICH</b><br>Homemade Chicken & Vegan Mayo filling baked baguette   |   <br><b>SANDWICH OPTIONS</b><br>Homemade TUNA MAYO in a baguette<br><br>OR<br>Cheese & Cucumber Baguette                           | <br><b>SANDWICH</b><br>Homemade Chicken & Vegan Mayo filling baked baguette                                                                                                                                                                                                                       |
| <b>Included with meal</b>             | <b>Fruit</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Salad platter</b>                                                                                                                                                                                                                                                                                                             | <b>Healthy Balance Fruit Yoghurt</b>                                                                                                                                                                                                                                                                                                                                                                                               | <b>Salad platter</b>                                                                                                                                                                                                                                                                                                                                                                         | <b>Fruit</b>                                                                                                                                                                                                                                                                                                                                                                          |

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| <b>Main Meal</b><br><br><b>OR</b><br><br><b>Alternative Meal 1</b><br><br><b>OR</b><br><br><b>Alternative Meal 2: Sandwiches</b> | <b>Pasta: Mac 'n' Cheese</b><br><br>Creamy pasta classic featuring tender macaroni tossed in a velvety sauce, served with a side of crisp steamed broccoli and sweet juicy sweetcorn<br><br><b>Jacket potatoes</b><br>Jacket potato Baked with cheddar cheese and baked beans<br><br><b>SANDWICH</b><br>CHEESE & CUCUMBER salad sandwich | <b>Curry: Chiken Tikka Curry</b><br><br>Steamed chicken lightly spiced with our homemade curry sauce, cooked over a slow heat. Served alongside steamed wholegrain rice and Peas<br><br><b>Curry: Vegan Curry</b><br>Vegan pieces lightly spiced with our homemade curry sauce, cooked over a slow heat. Served alongside steamed wholegrain rice and Peas<br><br><b>SANDWICH</b><br>Homemade Turkey Vegan Mayo in grain baguette | <b>Chicken burger</b><br><br>Chicken breast fillet burger in a high fibre bun with Corn on the cob & wedges<br><br><b>Fish burger</b><br><br>Baked fish fillet in a light batter served on a high fibre bun with a side of corn on the cob & wedges<br><br><b>Vegan Burgers</b><br><br>Superfood plant based vegan burger with in a high fibre bun with corn on the cob & wedges | <b>Beef Bolognese</b><br><br>Beef Bolognese made with veg stock, peppers, carrots, celery, onions and garlic in a rich tomato sauce served on penne pasta topped with cheese sauce and a side of steamed broccoli<br><br><b>Bolognese</b><br><br>Beef Bolognese made with veg stock, peppers, carrots, celery, onions and garlic in a rich tomato bolognese sauce served on penne topped with cheese<br><br><b>SANDWICH</b><br>CHEESE & CUCUMBER salad sandwich | <b>Fish</b><br><br>Breaded cod served with a side of crispy new potatoes, steamed broccoli and juicy sweetcorn<br><br><b>Pasta: Tomato &amp; Basil</b><br><br>Homemade tomato and basil sauce with penne pasta topped with cheddar cheese and Broccoli<br><br><b>SANDWICH</b><br>Homemade Chicken Vegan Mayo filling a baked baguette |
| Included with meal                                                                                                               | Fruit                                                                                                                                                                                                                                                                                                                                    | Salad platter                                                                                                                                                                                                                                                                                                                                                                                                                     | Healthy Balance Fruit Yoghurt                                                                                                                                                                                                                                                                                                                                                    | Organic yoghurt & Salad platter                                                                                                                                                                                                                                                                                                                                                                                                                                 | Fruit                                                                                                                                                                                                                                                                                                                                 |

|                                                                                                                                  | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <b>Main Meal</b><br><br><b>OR</b><br><br><b>Alternative Meal 1</b><br><br><b>OR</b><br><br><b>Alternative Meal 2: Sandwiches</b> | <p><b><u>Pasta: Tomato &amp; Basil</u></b><br/>Homemade tomato and basil sauce with penne pasta topped with cheddar cheese</p> <p> </p> <p><b><u>Jacket potato</u></b><br/>Jacket potato with cheddar cheese and baked beans</p> <p><b><u>SANDWICH</u></b> <br/>Homemade Tuna and Vegan Mayo in a white baguette</p> <p> </p> | <p><b><u>Grilled Chicken Pieces</u></b><br/>Tender marinated chicken pieces served alongside wholesome nutty steamed wholegrain rice and peas</p> <p><b><u>Grilled  gan Pieces</u></b><br/>Tender marinated vegan chicken pieces served alongside wholesome nutty steamed wholegrain rice and peas</p> <p><b><u>Pasta: Tomato &amp; Basil</u></b> <br/>Homemade tomato and basil sauce with penne pasta topped with cheddar cheese</p> <p><b><u>SANDWICH</u></b><br/>CHEESE &amp; salad sandwich</p> <p> </p> | <p><b><u>Chicken burger</u></b><br/>Chicken breast fillet burger in a high fibre bun with a side of baked wedges &amp; corn on the cob</p> <p> </p> <p><b><u>Vegetable Burgers</u></b><br/>Crispy crumbed vegetable burger served in a high fibre bun with a side of baked wedges &amp; corn on the cob</p> <p> </p> | <p><b><u>Roast chicken</u></b><br/>Baked chicken breast, sliced, served with a side of creamy carrots and parsnip mash, peas and gravy</p> <p> </p> <p><b><u>Vegan roast</u></b><br/>Baked vegan fillet, sliced, served with a side of creamy carrots and parsnip mash, peas and gravy</p> <p> <b><u>SANDWICH</u></b><br/>Homemade Tuna and Vegan Mayo in a white baguette</p> <p> </p> | <p><b><u>Meatballs</u></b><br/>Meaty Vegan meatballs in a 5 Veg tomato sauce served with a side of wholegrain pasta</p> <p></p> <p><b><u>Pasta: Tomato &amp; Basil</u></b><br/>Homemade 5 Veg tomato and basil sauce with penne pasta topped with cheddar cheese</p> <p> </p> <p><b><u>SANDWICH</u></b>  <br/>Homemade Chicken and Vegan Mayo filling in a baked baguette</p> |
| <b>Included with meal</b>                                                                                                        | <b>Fruit</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Salad platter</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Healthy Balance Fruit Yoghurt</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Salad platter with dips</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Fruit</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |