## SChoolmeals four week Meal Plan | CYCLE 14



WEEK ONE THURSDAY FRIDAY						
WEER		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Meat	MONDAY Fish Fingers	Sausage	Chicken Fajita Wrap	Savory Beef Mince	Roast Turkey	
/Fish	Dotato Wedge	Mashed Potato	Rice	Yorkshire Pudding	Roast Potatoes	
Potato		Carrots	Corn Cobette	Peas	Peas & Carrots	
Veg.	Baked Beans Vegan Vegi	Quorn	Quorn Chicken	Vegi Quorn Mince, Soya &	Quorn Chicken Vegan Fillet	
V	Fingers	Sausage	Fillet Fajita  Apple Sponge,	Bean Sticky Toffee	Chocolate	
Desser	t Ice Cream*	Jelly & Strawberry Pot*	Apple Compote & Custard*	Pudding*	Brownie*	

## **WEEK TWO**

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat /Fish	Chicken Breast	Sausage Roll	Lasagne	Roast Chicken	Fish Fingers
Potato	Buttery Pasta	Potato Wedge	Crusty Bread	Roast Potatoes	Herby Diced Potatoes
Veg.	Carrots	Sweetcorn	Peas	Carrots & Peas	Baked Beans
V	Macaroni Cheese	Vegi Vegan Sausage Roll	Quorn Soya MInce & Bean Lasagne	Quorn Vegan Chicken Fillet	Vegan Vegetable Nuggets
Dessert	Vanilla Shortbread Biscuit*	Chocolate & Blueberry Muffin*	Chocolate & Pear Sponge & Custard*	American Pancake, Apple Compote & Cream*	Strawberry Mousse Swiss Roll & Fruit Compote*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat /Fish	Breaded Chicken & Bap	Fish Fingers	Hot Dog	Bolognaise	Roast Chicken
Potato	Potato Wedge	Chips	Herby Diced Potato	Pasta	Roast Potatoes
Veg.	Baked Beans	Peas	Carrots	Corn	Carrots & Peas
V	Vegi Burger & Bap	Veggie Vegan Fingers	Quorn Sausage	Soya Mince & Bean Bolognaise	Quorn Vegan Chicken Fillet
Dessert	Ice Cream*	Cornflake Tart*	Victoria Sponge*	Apple Crumble & Cream**	Chocolate Brownie*

## **WEEK FOUR**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat /Fish	Salmon & Cod Fishcake	Cheese & Tomato Pizza	Chilli Beef Tortilla Chips	Roast Chicken	Toad in the Hole & Gravy
Potato	Garlic Slice	Potato Wedge	Rice	Roast Potatoes	Mashed Potatoes
Veg.	Peas	Baked Beans	Corn	Mixed Vegetables	Carrots
V	Cheese Omlette	Cheese & Tomato Pizza	Quorn & Mixed Bean Chilli Tortilla Chips	Quorn Vegan Fillet	Veggie Sausage Toad in Hole
Dessert	Fruity Oaty Biscuit*	Apple Muffin*	Peach, Jam Sponge & Custard*	Gingerbread Biscuit*	Eton Mess*



= vegetarian option

★ = dessert alternative - If a dessert on any given day is not to your childs liking, alternatives of either yoghurt or a

LEASE NOTE:

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PLEASE NOTE: We cannot 100% guarantee allergen information due to manufacturing changes, some suppliers are introducing tree nuts in to their production factories, as a result there will be a 'may contain nuts' on products supplied to us.

