SChoolmeals four week Meal Plan | CYCLE 14



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

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Meat /Fish	Chicken Breast	Sausage Roll	Lasagne	Roast Chicken	Fish Fingers
4	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
j.	Dessert	Vanilla Shortbread Biscuit*	Chocolate & Blueberry Muffin*	Chocolate & Pear Sponge & Custard*	American Pancake, Apple Compote & Cream*	Strawberry Mousse Swiss Roll & Fruit Compote*



WEEK THREE

	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

WEEKTOOK							
	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

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