



## WEEKLY MEAL PLANNER: WEEK 1 AND WEEK 4

- All meal choices are **homemade** , from scratch by our chefs using high quality raw ingredients that are unprocessed and where applicable, seasonal.
- All meat products are Red Tractor accredited
- All fish products are M.S.C accredited

	Main Course	Vegetarian Option	Served With	Desert
MONDAY	Tuna Pasta Bake Homemade bread	Quorn chilli and Rice Wholemeal Pitta Bread	Sweetcorn Salad and Coleslaw	Wholemeal Biscuit with piece of fruit  Fresh fruit Yoghurt
TUESDAY	Oven Baked Sausage with Gravy	Savoury Vegemince with Yorkshire Pudding	Fresh Mash Potato Cauliflower	Sticky Toffee Pudding with Fresh Milk Custard  Fresh Fruit Yoghurt
WEDNESDAY	BBQ Chicken Fajitas With Red Slaw	3 Cheese Pasta Bake with Homemade Herby Bread	Herby Diced Potatoes Mixed Vegetables Salad	Fruity Flapjack Fresh fruit Yoghurt
THURSDAY	Chilli Con Carne with Rice and Wholemeal Pitta	Veggie sausage casserole With onion Bread	Fresh Broccoli	Lemon Sponge and Fresh Milk Custard  Fresh fruit Yoghurt
FRIDAY	Battered Fish	Cheese and Onion Flan	Chipped Potatoes Mushy Peas Sweetcorn	Raspberry and White Chocolate Muffin  Fresh fruit Yoghurt