

## Week 1

### Monday

BBQ Chicken  
with Sunshine Vegetable Rice

or

V Mac & Cheese  
with Mixed Green Salad

Shortbread Biscuit

### Tuesday

Big Breakfast

or

V Tuna Pasta Bake  
& Crispy Salad

Oat, Apple & Honey Slice

### Wednesday

Chicken & Vegetable Pie,  
Carrots & Peas,  
Roast Potatoes

or

V Quorn & Bean Chilli  
with Boiled Rice

Fruit Jelly & Cream

### Thursday

Beef Lasagne & Garlic Bread  
with Side Salad

or

V Sweet Potato & Chickpea Curry,  
Vegetable Rice

Fruit Sponge & Custard

### Friday

Fishy Friday  
Garden Peas & Sweetcorn,  
Chipped Potatoes

or

V Broccoli & Cauli Cheesy  
Pasta Bake

Chocolate & Banana Brownie

#### Available daily:

Fresh sandwiches, jacket potatoes  
with fillings, salad and fresh bread

#### Also available daily:

Fat free yoghurt, fresh fruit, fresh fruit juice,  
semi skimmed milk and fresh water

V Suitable for vegetarians

# Munchkins

Meals that make a  
Difference

## Week 2

### Monday

Cooks Choice Pizza,  
Coleslaw, Mixed Salad,  
½ Jacket Potato

or

V Tomato, Basil & Roasted  
Vegetable Pasta  
with Crispy Salad

Peach & Pineapple Flapjack

### Tuesday

Oven Baked Sausage,  
Mashed Potato & Garden Peas

or

V Veggie Curry with Rice  
& Naan Bread

Homemade Mini Biscuit  
& Fresh Fruit Slice

### Wednesday

Honey Glazed Gammon,  
Cauliflower, Broccoli & Gravy  
with Paprika Roasted Potatoes

or

V Vegetable Tray Bake,  
Crispy Green Salad

Jam Sponge & Custard

### Thursday

Chicken Korma Curry  
with 50/50 Rice,  
Naan Bread

or

V Cheese & Potato Puff,  
Baked Beans

Ice Cream Pot

### Friday

Fishy Friday  
Mushy Peas  
Chipped Potatoes

V Veggie Fajitas with Mixed  
Salad, Chipped Potatoes

Lemon Drizzle Cake

## Week 3

### Monday

Sausage & Tomato Pasta  
with Mixed Salad

or

V Veggie  
Cottage Pie & Greens

Fruity Oat Cookie

### Tuesday

Chicken Tikka Curry  
With Boiled Rice & Naan Bread

or

V Pizza Pockets  
with Salad Sticks, Potato Wedges

Vanilla Cup Cake

### Wednesday

Roast Turkey & Gravy,  
Sweetcorn & Green Beans,  
Paprika Potato

or

V Quorn Bolognese with Pasta  
& Onion Bread

Marble Cake

### Thursday

Cajun Chicken & Vegetable  
Pasta with Herby Bread

or

V Cheese & Onion or Salmon &  
Broccoli Frittata with Jacket  
Potato & Salad

Frozen Yoghurt Pot

### Friday

Fishy Friday  
Garden Peas & Sweetcorn,  
Chipped Potatoes

or

V Bean & Cheese Quesadilla with  
Crispy Mixed Salad  
& Chipped Potatoes

Cookie

