

WEEK 1 – VEGETARIAN OPTION

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup/ Starter/ Dessert</u>	Lentil Soup	Tomato soup	Carrot and Butternut Squash Soup	Apple sponge with custard	Lentil Soup
<u>Main</u>	Quorn Meatballs with penne pasta in a tomato sauce	Oriental noodles with quorn chicken	Macaroni Cheese	Vegetable and bean casserole	Fishless fingers

WEEK 2 – VEGETARIAN OPTION

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup/ Starter/ Dessert</u>	Tomato and Basil Soup	Banana muffin with custard	Carrot and coriander soup	Lentil Soup	Vegetable Spring Rolls
<u>Main</u>	Homemade pizza with tomato, cheese and mixed peppers	Vegetable chilli with kidney beans, peppers and basmati rice	Quorn chicken pie with gravy	Quorn sausage and potato bake with gravy	Quorn chicken goujons in a tortilla wrap with salad and low fat mayonnaise

WEEK 3 – VEGETARIAN OPTION

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup/ Starter/ Dessert</u>	Lentil Soup	Red Pepper and tomato dip with pitta bread	Sunshine Soup	Seasonal cupcake	Leek and Potato Soup
<u>Main</u>	Fishless fingers	Margherita pizza	Quorn chicken in a creamy Cajun sauce	Quorn mince	Veg burger in a bun with salad

WEEK 4 – VEGETARIAN OPTION

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup/ Starter/ Dessert</u>	Lentil	Tomato Soup	Pear crumble with vanilla ice cream	Lentil Soup	Corn on the Cob
<u>Main</u>	Vegetable and bean casserole	Fishless Finger wrap with salad and low fat mayonnaise	Quorn chicken curry	Penne pasta in a tomato sauce with quorn chicken pieces	Veg cheese burger