

	Monday	Tuesday	Wednesday	Thursday	Friday
WK 1 Main Meal	Pork Meatballs in a Homemade Mediterranean Sauce with Pasta and Home Baked Garlic Bread	Savoury Welsh Minced Beef Hot Pot with Cheddar Glaze and Country Style Vegetables	Baked Breaded Fish Cake with Creamed Potatoes Baked Beans or Peas	Roast Fillet of Turkey, Savoury Stuffing and Gravy Roast Potatoes and Vegetable Selection	Chicken Fillet with Chipped Potatoes Fresh Mixed Salad and Homemade Coleslaw
Choice	Mediterranean Vegetable Pasta Bake Glazed with a Cheddar Topping	Savoury Quorn Mince, topped with Sauté Potatoes and Cheddar Cheese	Vegetable Bites with Creamed Potatoes and Baked Beans	Baked Quorn Sausage, Savoury Stuffing and Gravy	Quesadilla filled with Cheddar Cheese and Tomatoes
Sweet	Dairy Ice Cream with Fruit Wedges	Rice Krispy Chocolate Bar	Steamed Apple Sponge with Vanilla Custard	Jelly with Fruit	Homemade Granola Style Cereal Bar
WK 2 Main Meal	Baked Breaded Fish Cake with Oven Baked Seasoned Wedges Garden Peas and Sweetcorn	Welsh Beef Bolognese with Pasta Garden Peas and Home Baked Bread	BBQ Chicken with a Sticky Sauce and Savoury Vegetable Rice	Roast Loin of Pork with Traditional Apple Sauce and Gravy, Roast Potatoes and Vegetable Selection	Oven Baked Pork Sausage with Chipped Potatoes and Baked Beans
Choice	Breaded Vegetable Nuggets	Minced Quorn Bolognese	Vegetable Burritos	Savoury Quorn Mince, topped with Potatoes and Vegetable Selection	Oven Baked Quorn Sausage
Sweet	Fruit Wedges with Yoghurt	Chocolate Crunch Cake	Fruit and Oaty Crumble with Vanilla Custard	Hand Baked Shortbread Biscuit	Homemade Chocolate Fudge Coated Cake
WK 3 Main Meal	Ham and Macaroni Cheese Bake with Homemade Herby Tomato Bread	Midday Brunch with Potato Waffle and Baked Beans	Chicken Dish of the World with Boiled Rice or Noodles and Naan Bread Fingers	Roast fillet of Chicken with Herb Stuffing and Gravy, Creamed Potatoes and Vegetable Selection	Breaded Fish Fingers with Chipped Potatoes and Mushy Peas
Choice	Macaroni Cheese Bake	Vegetarian Midday Brunch	Vegetable Dish of the World	Baked Quorn Burger with Herb Stuffing and Gravy	Breaded Vegetable Nuggets
Sweet	Fruit Wedges with Yoghurt	Caramel Cornflake Cake	Homemade Saucy Chocolate Pudding	Cranberry Scrunch Slice with Apple Wedges	Lemon Drizzle and Blueberry Muffin