

My Primary Menu

innovate
my goodness!

WEEK 1	MON	TUE	WED	THU	FRI
MAIN MEAL	Tasty Lasagne with a Garlic Slice	Pork in Sage & Onion Gravy with crushed Herby Potatoes	Roast Turkey with Stuffing, Roast Potatoes & Tasty Gravy	Chicken Meatballs in Mediterranean Tomato Sauce with Rice	Crispy Coated Fish Fingers & Chunky Chips
VEGETARIAN	Tomato, Basil and Cheese Pasta Bake with a Garlic Slice	Crispy Topped Cauliflower, Broccoli and Spinach Bake	Oven-baked Veg Sausages with Roast Potatoes & Gravy	Mild Lentil & Sweet Potato Curry served with Rice	Cheese & Onion Slice
VEGETABLE	Sweetcorn Kernels	Cauliflower Bites with Peas	Fresh Broccoli & Carrots	Garden Peas	Baked Beans
JACKET POTATO	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese
DESSERT	Fruit or Yogurt	Chocolate Pudding	Lemon Cake with Natural Yogurt	Fruit or Yogurt	Pear & Banana Crisp & Custard
WEEK 2	MON	TUE	WED	THU	FRI
MAIN MEAL	Crispy Coated Chicken Strips with Rice & BBQ Dipping Sauce	Pork Sausage, Beans & Tomato Sauce Casserole & Pasta	Home Baked Gammon with Rosemary Roast Potatoes	Chicken Pie with Mashed Potatoes & Tasty Gravy	Oven Baked Battered Cod & Chunky Chips
VEGETARIAN	Veggie Hotdog in a Roll with BBQ Dipping Sauce	Quorn Sausage & Vegetable Hotpot	Macaroni Cheese with Broccoli Bites	Mixed Bean & Veg Pie, Mashed Potato & Tasty Gravy	Spinach & Cheddar Quiche
VEGETABLE	Garden Salad	Garden Peas	Swede & Carrot	Cauliflower, Broccoli & Carrots	Garden Peas
JACKET POTATO	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese
DESSERT	Fruit or Yogurt	Strawberry Cake with Custard	Oaty Apple Crumble with Custard	Fruit or Yogurt	Chocolate Crispy Cake
WEEK 3	MON	TUE	WED	THU	FRI
MAIN MEAL	Ham & Cheese Pizza	Traditional Sausage & Mash with Tasty Gravy	Roast Chicken Breast with Roast Potatoes & Tasty Gravy	Pasta Bolognese with Garlic Herb Slice & Tossed Salad	Breaded Oven Baked Cod & Chunky Chips
VEGETARIAN	Cheese & Tomato Pizza	Veggie Sausage & Mash with Tasty Gravy	Cauliflower, Sweet Potato & Chickpea Curry with Rice	Quorn Bolognese Nachos & Tossed Salad	Broccoli & Pepper Frittata with Chunky Chips
VEGETABLE	Seasonal Salad & Sweetcorn	Garden Peas	Trio of Fresh Vegetables	Sweetcorn Kernels	Baked Beans
JACKET POTATO	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese	Tuna Mayo, Baked Beans or Cheese
DESSERT	Fruit or Yogurt	Very Berry Muffin	Oaty Apricot Slice & Custard	Fruit or Yogurt	Apple Cake with Ice Cream

