

W E E K O N E	<u>Fresher+ NM AW 2018-2019</u>	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Quorn Meat Balls in a Rich Tomato Sauce	Baby New Potatoes & Fine Green Beans	Veggie Brunch with Vegetarian Sausage & Free Range Omelette	Hash Brown & Baked Beans	Roast Quorn Fillet with Sage & Onion Stuffing & Gravy	Creamy Mashed Potatoes Baton Carrots & Broccoli Florets	Vegetable Tikka Curry	Mixed Rice & Naan Bread	Crispy Battered Fillet of Fish	Oven Baked Chunky Chips & Garden or Mushy Peas
	Choice 2	Homemade Cheese & Tomato Pizza	Oven Baked Potato Wedges & Mini Corn on the Cob	Jumbo Fish Finger & Crunchy Salad Tortilla Wrap	Crispy Diced Potatoes & Garden Peas	Organic Pasta in a Neapolitan Sauce	Home Baked Garlic Dough Balls & Crunchy Side Salad	Homemade Cheese & Tomato Pizza	Oven Baked Potato Wedges & Mini Corn on the Cob	Homemade Cheddar Cheese Pastry Whirl	Oven Baked Chunky Chips & Baked Beans
	Choice 3	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	Baked Jacket Potato with Cheddar Cheese	Baked Beans & Crunchy Side Salad	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	Baked Jacket Potato with Baked Beans	Mini Corn on the Cob & Crunchy Side Salad	Quorn Burger in a Soft Bun with Tomato Ketchup	Oven Baked Chunky Chips & Garden Peas
	Dessert	Chocolate Mandarin Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Gluten Free Cook's Choice of Cookie & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cheese & Crackers with Apple Wedges	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Lemon Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Shortbread Biscuit & Chocolate Milkshake	Fresh Fruit Bar Fruit Yoghurt Cool Milk
W E E K T W O		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Vegetarian Sausages & Onion Gravy	Creamy Mashed Potatoes & Garden Peas	Quorn Meatball & Vegetable Casserole with Herby Dumplings	Winter Cabbage & Homemade Crusty Bread	Roast Quorn Fillet with Sage & Onion Stuffing & Gravy	Roasted Potatoes Baton Carrots & Winter Cabbage	Homemade Vegetable Hot-Pot with a Baked Sliced Potato Topping	Broccoli Florets & Sliced Beetroot	Crispy Tempura Battered Fish Goujons	Oven Baked Chunky Chips & Garden or Mushy Peas
	Choice 2	Organic Pasta in a Tomato & Mascarpone Sauce	Home Baked Garlic Dough Balls & Crunchy Side Salad	Homemade Cheese & Tomato Pizza	Oven Baked Potato Wedges & Mini Corn on the Cob	Homemade Sweet Potato & Chick Pea Curry	Mixed Rice & Naan Bread	Homemade Cheese & Tomato Pizza	Crispy Diced Potatoes & Mini Corn on the Cob	Homemade Cheese, Onion & Potato Pie	Garden Peas & Sliced Beetroot
	Choice 3	Baked Jacket Potato with Cheddar Cheese	Baked Beans & Crunchy Side Salad	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	Baked Jacket Potato with Cheddar Cheese	Baked Beans & Crunchy Side Salad	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	Vegetable Samosa with Lentil Dahl	Oven Baked Chunky Chips & Mini Corn on the Cob
	Dessert	Toffee Apple Crumble & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Gluten Free Cook's Choice of Muffin & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Homemade Raspberry Bun	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Vanilla Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Chocolate Ice Cream Roll & Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk
W E E K T H R E E		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Golden Crumb Vegetable Fingers & Crunchy Salad Tortilla Wrap	Oven Baked Potato Wedges & Mini Corn on the Cob	Crispy Bubble Coated Salmon Fillet	Baby New Potatoes & Seasonal Vegetables	Roast Quorn Fillet with Sage & Onion Stuffing & Gravy	Creamy Mashed Potatoes Carrot Batons & Broccoli Florets	Homemade Seasonal Vegetable & Sweet Potato Pie	Crispy Diced Potatoes Fine Green Beans & Garden Peas	Golden Crumb Breaded Omega 3 Fish Fingers	Oven Baked Chunky Chips & Garden or Mushy Peas
	Choice 2	Free Range Omelette with Cheese & Tomato	Oven Baked Potato Wedges & Baked Beans	Homemade Cheese & Tomato Pizza	Crispy Diced Potatoes & Mini Corn on the Cob	Organic Pasta in a Sweet Pepper & Tomato Sauce	Home Baked Garlic Dough Balls & Crunchy Side Salad	Homemade Vegetable Balti Curry	Mixed Rice & Naan Bread	Vegetarian Sausage in a Finger Roll with Tomato Ketchup	Oven Baked Chunky Chips & Baked Beans
	Choice 3	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	Baked Jacket Potato with Baked Beans	Mini Corn on the Cob & Crunchy Side Salad	Hot Cheddar Cheese & Tomato Panini	Tortilla Chips & Crunchy Side Salad	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	Baked Jacket Potato with Cheddar Cheese	Baked Beans & Crunchy Side Salad
	Dessert	Creamy Rice Pudding	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Jam Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Gluten Free Cook's Choice of Cookie & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Gluten Free Lemon Muffin	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Ice Cream Tub & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk