

Pupil Name:

Class:

Date:

WEEK1					PLEASE TICK ONE MAIN MEAL AND ONE PUDDING PER DAY				
Monday		Tuesday		Wednesday		Thursday		Friday	
V Lasagne Bolognese 50/50 Rice broccoli & Carrots Garlic Bread		Chicken Nuggets, Diced Potatoes, HB Bread		V Vegetable Cottage Pie Vegetables Crusty Bread		Beef Chilli Wrap, Vegetable Rice Carrots & Green Beans		Harry Ramsdens Battered Fish with Ketchup Chips, Sweetcorn & Peas Sunflowerseed Bread	
						Tuna & Sweetcorn Pasta pot			
Tuna Sandwich		Ham Sandwich		Egg Sandwich		Cheese Sandwich		Chicken Sandwich	
Baked Bean Jacket Potato		Cheese Jacket Potato		Tuna Jacket Potato		Baked Bean Jacket Potato		Cheese Jacket Potato	
V Cornflake Crispy		V Marble Berry Sponge & Custard		V Cheese & Crackers		V Fruity Flapjack		V Lemon Drizzle Muffin	
Fruit		Fruit		Fruit		Fruit		Fruit	
Yoghurt		Yoghurt		Yoghurt		Yoghurt		Yoghurt	

WEEK2					PLEASE TICK ONE MAIN MEAL AND ONE PUDDING PER DAY				
Monday		Tuesday		Wednesday		Thursday		Friday	
V Pizza Potato Wedges Mixed Salad & Grated Carrot		Meatballs in a creamy sauce, rice, Crusty Bread Carrots & Broccoli		Roast Chicken & Yorkshire Pudding Skin on Roast Potatoes, Medle of Vegetables Gravy Sliced Bread		Spaghetti Bolognese Sweetcorn & Green Beans HB Garlic FlatBread		Veggie Hot Dog, Chips and Vegetable sticks ----- Fish Star(Salmon Chips & Vegetable Sticks	
		Creamy Cheese Pasta pot							
Egg Sandwich		Ham Sandwich		Tuna Sandwich		Chicken Sandwich		Cheese Sandwich	
Baked Bean Jacket Potato		Tuna Jacket Potato		Beans Jacket Potato		Cheese Jacket Potato		Baked Beans Jacket Potato	
V Fruit jelly & Ice Cream		V Chocolate Sponge & Chocolate Sauce		V Orange Shortcake		Voat & Fruit Cookie		V Lemon Shortcake	
Fruit		Fruit		Fruit		Fruit		Fruit	
Yoghurt		Yoghurt		Yoghurt		Yoghurt		Yoghurt	

WEEK3					PLEASE TICK ONE MAIN MEAL AND ONE PUDDING PER DAY				
Monday		Tuesday		Wednesday		Thursday		Friday	
V Creamy Mac & Cheese Green Beans & Sweetcorn HB Garlic Bread		Sausage & Mash, Carrots & Broccoli, HB Bread		Mince & Beef Dumplings Roast Potato Carrots & Peas Sliced Wholemeal BreadBread		Chicken Korma & Rice Cauli & Green Beans Naan Bread		Fish Fingers with Ketchup with Chips Sweetcorn & Peas Crusty Bread	
Chicken Sandwich		Ham Sandwich		Tuna Sandwich		Cheese Sandwich		Egg Sandwich	
Bean Jacket Potato		Cheese Jacket Potato		Bean Jacket Potato		Tuna Jacket Potato		Baked Bean Jacket Potato	
V Jam Doughnut Muffin		V Oatie Apple Crumble & Custard		Chocolate Orange Mousse Pot		V Cheese & Biscuits		V Berry Iced Bun	
Fruit		Fruit		Fruit		Fruit		Fruit	
Yoghurt		Yoghurt		Yoghurt		Yoghurt		Yoghurt	