A weekly meal plan with cartoon characters

Description automatically generated

**V Quorn Bolognaise, Spaghetti, Wholemeal Bread**

**V Veggie Enchilada, Salad, Wholemeal Bread**

**Iced Muffin**

**Chicken Tikka Curry, Boiled Rice, Naan**

**V Meatballs in Gravy, Garden Peas, Mashed Potatoes**

**Chocolate & Banana Brownie**

**Roast Pork & Gravy, Sweetcorn, Green Beans, Paprika Potatoes**

**V Quorn Fillet & Gravy, Seasonal Vegetables, Roast Potatoes**

**Jam Sponge & Custard**

**The Big Breakfast**

**V Salmon & Broccoli Quiche, Peas & Oven Baked Wedges**

**Fruit Jelly & Cream**

**Fishy Friday, Mushy Peas, Chipped Potatoes**

**V Roasted Vegetable Pesto Pasta, Crispy Salad**

**Fairy Cake**

**Traditional Beef Scouse, Beetroot or Cabbage, Crusty Bread**

**V Loaded Vegetable & Lentil Cottage Pie & Greens**

**Fresh Fruit Salad**

**Honey Glazed Gammon, Vegetables, Paprika Roast Potatoes & Gravy**

**V Sliced Quorn Fillet & Gravy, Vegetable Medley, Roast Potatoes**

**Rice Pudding & Jam Sauce**

**Cook’s Choice Pizza, Coleslaw, Salad, ½ Jacket Potato**

**V Veggie Sweet & Sour, Boiled Rice**

**Shortbread Biscuit & Sliced Fruit**

**Fishy Friday, Garden Peas & Sweetcorn , Chipped Potatoes**

**V Cheese & Tomato Quiche, Garden Peas & Sweetcorn, ½ Jacket Potato**

**Lemon Drizzle Cake**

**Roast Turkey & Gravy, Carrots, Roast Potatoes**

**V Veggie Lasagne, Salad, Crusty Bread**

**Chocolate Sponge & Chocolate Sauce**

**Cottage Pie, Garden Peas & Sweetcorn**

**V Veggie Sausage Toad in the Hole, Pea, Mashed Potato**

**Fruity Flapjack**

**Tuna & Veg Pasta, Crispy Green Salad**

**V Veggie Meatball Sub, Tomato Relish, Lettuce, Chipped Potatoes**

**Mini Orange Biscuit with Fruit Slices**

**Fruity Flap Jack**

**Fishy Friday, Garden Peas, Chipped Potatoes**

**V Tomato & Basil Pasta, Roasted Veg, Crispy Salad/Tear Bread**

**Mini Cookie & Sliced Fruit**

**Chicken Curry, Boiled, Rice, Naan Bread**

**V Herby Cheese & Potato Puff Pastry Turnover, Baked Beans**

**Ice Cream Pot**

**Deep Filled Meat & Potato Pie & Greens**

**V Chunky Veg Curry Curry with 50/50 Rice, Naan Bread**

**Frozen Yoghurt or Fresh Fruit**