

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (V)	Yellow Moong Curry (G) Brown & White Rice & Naan Bread (G,ML)	Chick Pea & Potato Curry (G) Rice & Naan (G,ML)	Mixed Dhal (G) Rice & Chapatti (G)	Black-eyed Bean Curry (G) Rice & Chapatti (G)	Paneer & Sweetcorn Curry (G,ML) Rice & Chapatti (G)
OPTION 2 (V)	Mayflower's Vegetable Biryani (G,ML)	Cheese & Potato Pie (ML)	Vegetable Quesadilla (G,ML)	Cheese Flan (G,ML)	Vegetable Burger (G)
OPTION 3 (V)	Quorn Sausages (G,ML,E)	Vegetable Bolognese	Quorn Fillet (E)	Quorn Balls (G,E)	Pea & Potato Puff (G,ML)
					Salmon Fish Fingers
SIDES	Creamed Potatoes (ML) Brown & White Rice or Naan Bread (G,ML) ~ Baked Beans Spicy Cauliflower (G) Mixed Salad	Beetroot Roll (G,ML,E) Pasta (G) ~ Sweetcorn Broccoli Mixed Salad	Roast Potatoes Jacket Potato ~ Brussel Sprouts Carrots Mixed Salad	Jacket Potato Pasta Twists (G) ~ Broccoli Coleslaw (E) Mixed Salad	Chips Boiled Potatoes ~ Peas Baked beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce Cucumber Raita (ML)	Tomato Sauce	Gravy Stuffing (G) Mango Chutney	Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERT	Jammie Cookie (G) Chocolate Sponge (G,ML)	Chocolate Krispie (G) Apple Crumble & Custard (G,ML)	Lemon Shortbread (G,ML) Fruit Salad	Iced Fruit Sponge (G,ML) Coconut Cookie (G,ML)	Ice Cream (ML) Bridge's Beetroot Brownie (G,ML,E)
BREAD	White Bread (G)	Brown Bread (G)	White Bread (G)	Brown Bread (G)	White Bread (G)
MILK – FRUIT – YOGURT AVAILABLE DAILY					
Week Commencing: 12th March, 23rd April, 21st May, 25th June, 27th August, 24th September, 29th October					

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (V)	Toover Dhal (G) Rice & Naan Bread (G,ML)	Moong Bean (G) Rice & Chapatti (G)	Khichadi & Kadhi (G,ML) Potato Curry (G) Naan Bread (G,ML)	Mixed Bean Curry (G) Rice & Chapatti (G)	Kidney Bean & Sweetcorn Curry (G) Rice & Chapatti (G)
OPTION 2 (V)	Macaroni Cheese (G,ML)	Piri Piri Vegetables	Broccoli & Spaghetti Bake (G,ML)	Roasted Vegetable Pizza (G,ML)	Sticky Spicy Vegetables
OPTION 1 (V)	Vegetarian Brunch Lunch (G,ML,E)	Vegetarian Shepherds Pie (G)	Quorn Fillet (E)	Margherita Pizza (G,ML)	Vegetable Fingers (G)
					Fish Fingers (G)
SIDES	Hash Brown Jacket Potato ~ Baked Beans Peas & Carrots Mixed Salad	Noodles (G,E) Malted Baguette (G,ML) ~ Sweetcorn Cob Broccoli Mixed Salad	Steamed New Potatoes Garlic Roll (G,ML,E) ~ Broccoli & Cauliflower Gratin (ML) Mixed Vegetables Mixed Salad	Jacket Potato Ciabatta Slice (G,ML) ~ Baked Beans Coleslaw (E) Mixed Salad	Chips Vegetable Cous Cous (G) ~ Garden Peas Baked Beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce	Gravy	Gravy Stuffing (G)	Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERTS	Ginger Biscuit (G,ML,E) Assorted Frozen Yogurt (ML)	Eve's Pudding & Custard (G,ML) Oat & Raisin Biscuit (G,ML,E)	Iced Sponge (G,ML) Scraftoft Valley Cheesecake (G,ML)	Chocolate Tart (G,ML) Fruit Medley	Ice Cream (ML) Norwegian Biscuit (G,ML,E)
BREAD	Brown Bread (G)	White Bread (G)	Brown Bread (G)	White Bread (G)	Brown Bread (G)
MILK – FRUIT – YOGURT AVAILABLE DAILY					
Week Commencing: 19th March, 30th April, 4th June, 2nd July, 3rd September, 1st October, 5th November					

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (V)	Moong Bean Curry (G) Rice & Chapatti (G)	Chana Bean Curry (G,ML) Rice & Chapatti (G)	Toover Dhal (G) Rice & Naan (G,ML)	Khichadi & Kadhi Potato Curry (G,ML) & Chapattii (G)	Black Eyed Bean Curry (G) Rice & Naan (G,ML)
OPTION 2 (V)	Vegetable Masala (G,ML)	Creamy Vegetable Pie (G,ML)	Quorn Stir Fry (E)	Cheese Flan (G,ML)	Cheese & Vegetable Bake (G,ML)
OPTION 3 (V)	Quorn Sausages (G,E,ML)	Quorn Fillet (E)	Vegetable Lasagne (G,ML)	Cheese Flan (G,ML)	Cajun Vegetable Enchilada (G,ML,E)
					Bubble Battered Pollock
SIDES	Creamed Potatoes (ML) Steamed Rice/Naan Bread (G,ML) ~ Baked Beans Mixed Vegetables Mixed Salad	Lyonnaise Potatoes Boiled Potatoes ~ Broccoli Florets Baton Carrots Mixed Salad	Garlic Bread (G,ML) Egg Noodles (G,E) ~ Coleslaw (E) Garden Peas Mixed Salad	Jacket Potatoes Brown & White Rice ~ Baked Beans Sweetcorn Mixed Salad	Chips Malted Baguette (G,ML) ~ Garden/Mushy Peas Mixed Vegetables Mixed Salad
ACCOMPANIMENTS	Tomato Sauce	Gravy Apple Sauce		Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERT	Chocolate Biscuit (G,ML,E) Fruit Medley	Apple Crumble (G) & Custard (ML) Butterscotch Biscuit (G,ML,E)	Iced Sponge (G,ML) Mousse (ML)	Chocolate Haystack with Raisins (G,ML) Jam & Cream Scone (G,ML,E)	Ice Cream (ML) Fruit Flan (G,ML)
BREAD	White Bread (G)	Brown Bread (G)	White Bread (G)	Brown Bread (G)	White Bread (G)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 9th April, 7th May, 11th June, 9th July, 10th September, 8th October,

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (V)	Chick Pea & Potato Curry (G) Rice & Naan (G,ML)	Paneer & Sweetcorn Curry (G,ML) Rice & Chapatti (G)	Yellow Moong Curry (G) Rice & Chapatti (G)	Kidney Bean & Sweetcorn Curry (G) Rice & Naan (G,ML)	Vegetable Shak & Mixed Dhal (G) Rice & Chapatti (G)
OPTION 2 (V)	Vegetable Jambalaya	Vegetable Curry (ML)	Veggie Beanie (G,ML)	Selection of Pizza (G,ML)	Leek & Potato Frittata (ML,E)
OPTION 3 (V)	Broccoli & Spaghetti Bake (G,ML)	Quorn Fillet (E)	Quorn Balls in Tomato Sauce (G,E)	Quorn Fillet Pizza (ML,E)	Quorn Burger (G,E,ML)
					Battered Pollock (G,ML)
SIDES	Malted Baguette (G,ML) Jacket Potato Sliced Carrots Sweetcorn Mixed Salad	Roasted Potatoes Brown & White Rice ~ Shredded Cabbage Mixed Vegetables Mixed Salad	Spaghetti (G) Creamed Potatoes (ML) ~ Broccoli Florets Sweetcorn & Mixed Peppers Mixed Salad	Jacket Potato Herbed Potatoes ~ Baked Beans Garden Peas Mixed Salad	Chips Ciabatta Slice (G,ML) ~ Garden/Mushy Peas Baton Carrot Mixed Salad
ACCOMPANIMENTS		Gravy Sage & Onion Stuffing (G)	Tomato Sauce	Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERTS	Iced Fruit Sponge (G,ML) Jumble Biscuit (G,ML,E)	Melting Moment (G) Apple Flapjack (G)	Lemon Biscuit (G,E) Fruit Salad	Chocolate Shortbread (G,ML) Mousse (ML)	Ice Cream (ML) Devonshire Split (G,ML,E)
BREAD	Brown Bread (G)	White Bread (G)	Brown Bread (G)	White Bread (G)	Brown Bread (G)
MILK – FRUIT – YOGURT AVAILABLE DAILY					
Week Commencing: 16th April, 14th May, 18th June, 17th September, 15th October					