



WEEK 1

Week 1 runs w/c
19/03
30/04
11/06

| | MEAT FREE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|------------------|---|--|---|--|--|
| LUNCH <small>Vegetarian + allergens free alternative</small> | | TERRIFIC PUMPKIN & SAGE TART | CHINESE CHICKEN RICE CHINESE VEGGIE RICE | PERFECT PASTA W' KALE & RICOTTA | TOP NOTCH SHEPHERDS PIE W' CAULI MASH SHEPHERDESS PIE W' CAULI MASH | FRIDAY FISH FIESTA! PARSLEY FISH FILOS LENTIL & VEG PIE |
| SIDE <small>Vegetarian + allergens free alternative</small> | | CORNY CARROT SALAD | | GARLIC CIABATTA | | GARLICKY GREEN BEANS & SUGAR SNAPS |
| DESSERT <small>Vegetarian + allergens free alternative</small> | | PEACH YOGHURT | FRESH PINEAPPLE | ORANGE, HONEY & QUINOA MUFFINS | CHERRY NANA SMOOTHIE | COCONUT STICKY RICE PUDDING |
| TEA <small>Vegetarian + allergens free alternative</small> | | FANCY FALAFEL & DIPS W' PITTAS | B.Y.O. BUILD YOUR OWN WRAP ATTACK! TUNA, SALAD & HERBY MAYO | W FAB & FISH WEDSDAY SWEET POTATO FISH CAKES | RACY RED PEPPER RISOTTO | SPRING PASTA SOUP |
| SIDE <small>Vegetarian + allergens free alternative</small> | | | | TZATZIKI | CRUDITES | BUTTERED BREAD BITES |



WEEK 2

Week 2 runs w/c
26/03
07/05
18/06



| | MEAT FREE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-------------------------------|--|------------------------------|---|--|--|
| LUNCH | | MUSHROOM BARLEY RISOTTO | CHICKEN PIE | 12HR BEEF BULGOGI | LEMONY LEEK TART | THAI TURKEY BURGERS |
| Vegetarian + allergens free alternative | | | CARROT & LEEK PIE | GRILLED MEDITERRANEAN VEGGIES | | LENTIL BURGERS |
| SIDE | | CHERRY TOMATO SALAD | LEMONY GREEN BEANS | BULGER WHEAT | BUTTERED BROCCOLI | PAPRIKA WEDGES W' BUTTERBEAN HUMMUS |
| Vegetarian + allergens free alternative | | | | | | |
| DESSERT | | ORANGE BOATS | DELICIOUS BROWNIES | RASPBERRY & BEETROOT CREAMY WHIP | RHUBARB CRUMBLE | FRUIT SALAD |
| Vegetarian + allergens free alternative | | | | | | |
| TEA | B.Y.O. BUILD YOUR OWN! | M&R BEANS ON TOAST! W' PARSLEY & CHEESE | RED PESTO MINISTRONE | FAB 2 FISH WEDSAY SALMON PUFFS | MELTY CHEESY POLENTA W' ROASTED VEG | KALE MAC 'N' CHEESE |
| Vegetarian + allergens free alternative | | | | SPINACH PUFFS | | |
| SIDE | | | | CORIANDER YOGHURT DIP | | |
| Vegetarian + allergens free alternative | | | | | | |



WEEK 3

Week 3 runs w/c
02/04
14/05

MEAT FREE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|-------------------------------|--------------------------------|---|---|----------------------------------|
| LUNCH <small>Vegetarian + allergens free alternative</small> | TRAFFIC LIGHT AMBER! PASTA | KICKIN' CHILLI CON LEGUMES | GNOCCHI W' TRAFFIC LIGHT GREEN! PESTO | VEGETARIAN MOUSSAKA | COCONUTTY MUSHROOM NOODLES |
| SIDE <small>Vegetarian + allergens free alternative</small> | KALE CRISPS | JASMINE RICE | | MINTY CUCUMBER SALAD | SESAME MANGETOUT |
| DESSERT <small>Vegetarian + allergens free alternative</small> | GREEN SWIRL | BANANAS & CUSTARD | BLUEBERRY & OAT MUFFINS | POACHED GINGER PEARS | VITAMIN BOOST SMOOTHIE |
| TEA <small>Vegetarian + allergens free alternative</small> | EASY PEASY PEA SOUP | GIANT COUSCOUS TOMATO SALAD |  BAKED FISH VEGGIE SAUSAGES |  DIP TIME! W' COURGETTE FRITTERS | CHEEKY CHICKEN & CORN RISOTTO |
| SIDE <small>Vegetarian + allergens free alternative</small> | FOCACCIA SOLDIERS | | SWEET POTATO SALAD | | BUTTERED ASPARAGUS BITES |



WEEK 4

Week 4 runs w/c
09/04
21/05

| | MEAT FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---------------------------|---|--|----------------------|
| LUNCH Vegetarian + allergens free alternative | SPRING SPELT PILAF | SUPER CHICKEN STEW | MAGGIE'S SPAGHETTI BOLOGNAISE TRAFFIC LIGHT RED! PASTA | B.Y.O. BUILD YOUR OWN! FALAFEL BURGERS | KEDGEREE FISH PIE |
| SIDE Vegetarian + allergens free alternative | | HERBY DUMPLINGS | | BABY POTATO SALAD | LEMON PEAS |
| DESSERT Vegetarian + allergens free alternative | ORANGE SWIRL YOGHURT | PEACHES & CREAM | AVOCADO & STRAWBERRY SMOOTHIE | PINEAPPLE & MANGO | LEMON DRIZZLE LOAVES |
| TEA Vegetarian + allergens free alternative | CREAMY ORECCHIETTE W' ROASTED CAULIFLOWER | LENTIL & LIME TOMATO SOUP | W F A B E D F I S H W E S D A Y SEAFOOD CHOWDER PUMPKIN SOUP | AUBERGINE PARMIGIANA | PIZZA PARTY! |
| SIDE Vegetarian + allergens free alternative | | TOASTED PITTA | GARLIC SOLDIERS | STEAMED RUNNER BEANS | |



WEEK 5

Week 5 runs w/c
16/04
28/05



| | MEAT FREE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|------------------|---|--------------------------------|--|--|---------------------------------------|
| LUNCH | | CARROTZANIA PASTA | NASI GORENG | BLACK BEAN QUESADILLAS | SPINACH & RICOTTA LAYERED LASAGNE | PORK MEATBALLS IN CREAMY SAUCE |
| Vegetarian + allergens free alternative | | | | | | |
| SIDE | | CRUDITÉS | EDAMAME BEANS | SOUR CREAM & CHEESE | | MASH & CARROTS |
| Vegetarian + allergens free alternative | | | | | | |
| DESSERT | | MINTY PINEAPPLE SMOOTHIE | GRANOLA CHEESECAKE POTS | FRESH APRICOTS | PEACHES W' SUPERFOOD SEEDS & MASCARPONE | FRESH CHERRIES |
| Vegetarian + allergens free alternative | | | | | | |
| TEA | | SAVOURY PANCAKES W' SALSA, TUNA MAYO & GUACAMOLE | QUINOA SOUP | CRISPY CRUMBED FISH W' GRATED COURGETTE | CHICKEN GOUJONS | BROCCOLI MUFFINS |
| Vegetarian + allergens free alternative | | | | | | |
| SIDE | | | | SWEET POTATO FRIES | BANANA KETCHUP & SWEETCORN | HUMMUS & CHERRY TOMATOES |
| Vegetarian + allergens free alternative | | | | | | |





WEEK 6

Week 6 runs w/c
23/04
04/06

| | MEAT FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|----------------------------|------------------------|---|---|---|
| LUNCH <small>Vegetarian + allergens free alternative</small> | SWEET POTATO CURRY | PUFFED CHICKEN PIE | ROASTED VEG CANNELLONI |  PITTA POCKETS | TRICOLORE TUNA PASTA TRAFFIC LIGHT GREEN! PASTA |
| SIDE <small>Vegetarian + allergens free alternative</small> | CORIANDER JASMINE RICE | PETIT POIS POTS | | GRATED CHEESE, CARROT, SHREDDED LETTUCE & GREEK YOGHURT | |
| DESSERT <small>Vegetarian + allergens free alternative</small> | RAINBOW FRUIT SALAD | LIME & COCONUT TARTS | CHOC-O-FRUITY SMOOTHIE | PASSIONFRUIT JELLY | STRAWBERRIES & CREAM |
| TEA <small>Vegetarian + allergens free alternative</small> | TOASTED CHEESE SANDWICHES | ONION & CHEESE MUFFINS |  FISH BURGERS LENTIL PATTY BURGERS | FRUITY SAUSAGE ROLL VEGGIE KOFTA | PIZZA PARTY! |
| SIDE <small>Vegetarian + allergens free alternative</small> | HOT COCOA | ANTIPASTI PLATTER | PAPRIKA WEDGES | BANANA KETCHUP & CUCUMBER FINGERS | |