



No Added Sugar Wednesdays

## WEEK 1

30/08, 20/09, 11/10, 08/11, 29/11

### Option 1

#### Monday

Mexican Minced Beef Bake

#### Tuesday

Chicken, Tomato and Mixed Peppers served with Steamed Rice

#### Wednesday

Roast Pork with Roast Potatoes and Gravy

#### Thursday

Beef Keema served with Steamed Rice

#### Friday

Breaded Fish served with Chips

### Option 2 V Vegetarian

Cheddar and Caramelized Red Onion Quiche served with New Potatoes

Macaroni Cheese

Sweet Potato and Lentil Wellington served with Roast Potatoes

Tandoori Vegetables served with Steamed Rice

Vegetable Nuggets served with Chips (Ve)

### Option 3

Plain Pasta or Noodles

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

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Plain Pasta or Noodles

### Vegetables

Roasted Root Vegetables

Carrots Garden Peas

Sweetcorn Steamed Cabbage

Green Beans Carrots

Garden Peas Baked Beans

### Dessert

Chocolate Cookie (Ve)

Iced Lemon Sponge

Fruit Salad (Ve)

Apple and Cinnamon Sponge with Custard

Orange Shortbread (Ve)

## WEEK 2

06/09, 27/09, 18/10, 15/11, 06/12

### Option 1

#### Monday

Cheese and Tomato Pizza served with Potato Wedges

#### Tuesday

Beef Bolognese served with Spaghetti

#### Wednesday

Chicken Grill served with New Potatoes

#### Thursday

Chicken Tikka Masala served with Steamed Rice

#### Friday

Fish Fingers or Salmon Fish Fingers served with Chips

### Option 2 V Vegetarian

Red Pepper and Sweetcorn Pizza served with Potato Wedges

Vegetarian Bolognese served with Spaghetti (Ve)

Chick Pea, Pepper and Sweetcorn Quesadilla served with New Potatoes

Mexican Rice Wrap (Ve)

Cheese and Tomato Turnover served with Chips

### Option 3

Plain Pasta or Noodles

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

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Plain Pasta or Noodles

### Vegetables

Broccoli Sweetcorn

Carrots Garden Peas

Green Beans Carrots

Medley of Vegetables

Garden Peas Baked Beans

### Dessert

Apple and Peach Pie (Ve) with Custard

Orange Jelly (Ve)

Fruit Salad (Ve)

Vanilla, Honey and Yoghurt Cake

Date and Cocoa Brownie

## WEEK 3

13/09, 04/10, 01/11, 22/11, 13/12

### Option 1

#### Monday

Chicken and Pesto Pasta

#### Tuesday

Minced Beef Pie served with New Potatoes

#### Wednesday

Roast Chicken served with Stuffing, Roast Potatoes and Gravy

#### Thursday

Chicken Balti served with Steamed Rice

#### Friday

Breaded Fish served with Chips

### Option 2 V Vegetarian

Vegetable and Bean Jambalaya (Ve)

Spanish Omelette served with New Potatoes

Roast Quorn served with Stuffing, Roast Potatoes and Gravy

Vegetable and Chick Pea Korma served with Steamed Rice

Vegetable Nuggets served with Chips

### Option 3

Plain Pasta or Noodles

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Plain Pasta or Noodles

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Plain Pasta or Noodles

### Vegetables

Garden Peas Carrots

Cauliflower Sweetcorn

Butternut Squash Green Beans

Sweetcorn Carrots

Garden Peas Baked Beans

### Dessert

Bakewell Tart

Pear and Chocolate Sponge with Custard

Fruit Salad (Ve)

Fruity Cookie (Ve)

Vanilla Sponge with Custard

LOOK FOR THE SUGAR SHERIFF THESE MEALS ARE COMPLETELY FREE FROM ADDED SUGAR!

