WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Chip Shop Friyay!
PREP MAIN COURSE	Mild Beef Chilli	Tuna & Sweetcorn pasta bake	Beef Lasagne	Pork & Bean Chilli	Breaded Fish Fingers
MAIN COURSE ONE	Mild Beef Chilli	Tuna & Sweetcorn pasta bake	Beef Lasagne	Pork & Bean Chilli	Battered Pollock
MAIN COURSE TWO	Vegetable Fajitas	Chow Mein Chicken Noodles	Soya Mince Vegetable Lasagne	Lentil & Mixed Bean Chilli	Margherita Pizza Slice
MAIN COURSE THREE	BBQ Chicken	Vegetable Cottage Pie	Cajun Chicken Wrap Spicy Rice	Chicken Balti Filo Pie	Jumbo Pork Sausage
ON THE SIDE	Steamed Rice Sweetcorn Steamed Carrots	Steamed Broccoli Green Beans	Garlic Bread Italian Slaw Garden Peas	Steamed Rice Red Chilli Corn Baby Carrots	Potato Chips Garden Peas Baked Beans
HOT DESSERT	Apple & Forest fruits Crumble	Iced Sponge	Homemade Flapjack	Homemade Shortbread	Jam Doughnuts
COLD DESSERT	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit

QEH BRISTOL

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HOLROYD HOWE
FEEDING INDEPENDENT MINDS

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Chip Shop Friyay!
PREP MAIN COURSE	BBQ Pulled Pork	Mac and Cheese	Pork and Beef Pastitsio	Mild Chicken Curry	Breaded Fish Fingers
MAIN COURSE ONE	BBQ Pulled Pork	Hunters Chicken Pasta	Pork and Beef Pastitsio	Mild Chicken Curry	Battered Pollock
MAIN COURSE TWO	Sweet Potato & Mixed Bean Chilli	Turkey Tomato and Basil Pasta	Mediterranean Vegetable Pasta Bake	Creamy Vegetable Korma	Plant based Burger
MAIN COURSE THREE	Smokey Chipotle Chicken	Mac and Cheese	Honey & Mustard Baked Chicken Herby New Potatoes	Minced Lamb Keema & Potato Curry	Southern Fried Chicken Burger
ON THE SIDE	Rice Steamed Broccoli Roasted Carrots	Whole Wheat Pasta Garlic Bread Steamed Sweetcorn Roasted Med Veg	Steamed Savoy Cabbage Garden Peas	Spiced Cauliflower & Broccoli spinach Steamed Green Beans Naan Bread	Potato chips Garden Peas Baked Beans
HOT DESSERT	Apple & Blackberry Crumble	Chocolate Sponge	Homemade Flapjack	Sprinkle Sponge	Chocolate Brownie
COLD DESSERT	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit

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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Chip Shop Friyay!
PREP MAIN COURSE	Pork Sausage	Sweet and Sour Chicken	Lemon and Herb Chicken	Beef Bolognaise	Breaded Fish Fingers
MAIN COURSE ONE	Pork Sausage with Roasted Onions	Chinese Style Pork	Lemon and Herb Chicken	Beef Bolognaise	Battered Pollock
MAIN COURSE TWO	Quorn & Root Veg Bourguignon	Mushroom & Butter Bean Ragu	Sweet Potato Stuffed with Feta	Creamy Leek & Mushroom Pasta	Spiced Roasted Aubergine and Chickpea With Pitta Bread
MAIN COURSE THREE	Chicken Chasseur	Sweet and Sour Chicken	Mexican Slow cooked pork and beans	Creamy Chicken and Bacon Pasta	Pork Gyros with Pitta Bread
ON THE SIDE	Creamy Mash Potato Braised White Cabbage Baked Beans	Steamed Rice Peas Garlic & Chilli Green Beans	French Fries Cajun Sweetcorn Classic Coleslaw	Spaghetti Steamed Carrots Kale	Potato Chips Garden Peas Baked Beans
HOT DESSERT	Apple & Pear Crumble	Marble Cake	Homemade Flapjack	Fruit Sponge	Rice crispy cake
COLD DESSERT	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit	Flavoured Jellies, Yoghurt Pots, Fresh cut Fruit

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