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	Mac & Cheese	Tomato and roasted pepper pasta	Beef Lasagne	Tomato Sauce Pasta & Cheese	
MAIN COURSE ONE	Cuban Style Pork Picadillo	Tuna & Sweetcorn pasta bake	Beef Lasagne	Mild Beef Chilli	Battered Pollock
MAIN COURSE TWO	Vegetable Fajitas	Sweet Chilli Chicken Noodles	Soya Mince Vegetable Lasagne	Lentil & Mixed Bean Chilli	Margherita Pizza Slice
MAIN COURSE THREE	Honey Mustard Baked Chicken	Vegetable Cottage Pie	Cajun Chicken Wrap Spiced Rice	Chicken Balti Filo Pie	Jumbo Pork Sausage
ON THE SIDE	Steamed Rice Herby New Potatoes Sweetcorn Steamed Carrots	Steamed Broccoli Green Beans	Garlic Bread Roasted Squash Garden Peas	Steamed Rice Red Chilli Corn Steamed 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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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 Meatloaf	Mild Chicken Curry	
MAIN COURSE ONE	BBQ Pulled Pork	Chicken and Bacon Hash	Pork Meatloaf Roasted New Potatoes	Mild Chicken Curry	Battered Pollock
MAIN COURSE TWO	Sweet Potato & Mixed Bean Chilli	Turkey Tomato and Basil Pasta	Mediterranean Vegetable Bake	Thai Vegetable Curry	Falafel Burger Burger
MAIN COURSE THREE	Smokey Chipotle Chicken	Mac and Cheese	Fajita Chicken Pasta	Tandoori Chicken Leg	Southern Fried Chicken Burger
ON THE SIDE	Rice Steamed Broccoli Kale & Leeks	Sweet corn Roasted Med Veg	Crushed potato Steamed Savoy Cabbage Roasted Carrots	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	Cheesy Pasta Bake	BBQ Chicken Drumsticks	Beef Bolognaise	
MAIN COURSE ONE	Pork Sausage with Roasted Onions	Pork Chilli Nachos	BBQ Chicken Leg	Beef Bolognaise	Battered Pollock
MAIN COURSE TWO	Quorn & Root Veg Bourguignon	Chickpea and Roasted Veg Tray bake	Sweet Potato Falafels	Creamy Leek & Mushroom Pasta	Pitta Pizza
MAIN COURSE THREE	Chicken Chasseur	Cajun Chicken Pasta	Pork Stubby	Chicken Sweet Potato bake	Chicken Gyros with Pitta Bread
ON THE SIDE	Creamy Mash Potato Roasted root Veg Baked Beans	Steamed Rice Steamed Broccoli Garlic & Chilli Green Beans	French Fries Cajun Sweetcorn Mixed Green Veg	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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