

**WEEK 1 MENU**

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat, Fish Main Dishes</b>	Chicken & Pasta in Tomato Sauce	Irish Stew	Roast Turkey & Stuffing	Pork Curry	Three Cheese Pizza
<b>Vegetarian Main Dishes</b>	Vegetable Medley & Pasta	Curried Vegetables & Quorn	Broccoli & Cauliflower Cheese Bake	Vegetarian Lasagne	Omelette
<b>Starchy Food</b>	Pasta	Mashed Potatoes	Roast Potatoes	Braised Rice	Chipped Potatoes Baked Potatoes
<b>Vegetables</b>	Garden Peas	Broccoli Cauliflower	Vichy Carrots Brussel Sprouts	Garden Peas	Peas Washington Baked Beans
<b>Desserts</b>	Eve's Pudding & Custard Sauce	Fruit Crumble Custard Sauce	Semolina & Jam	Jam Sponge Custard Sauce	Lemon Meringue Pie
<b>Extra Dessert Options</b>	Fresh Fruit, Fruit Yoghurts				
<b>Bread</b>	Fresh White & Wholemeal Bread available to every customer				

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**WEEK 2 MENU**

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat, Fish Main Dishes</b>	Cheese & Ham Macaroni	Chicken Casserole	Roast Beef Yorkshire Pudding	Sweet & Sour Pork	Fish in Batter
<b>Vegetarian Main Dishes</b>	Macaroni Cheese	Vegetable Balls in Tomato Sauce & Pasta	Bean and Meat Free Mince Casserole	Sweet & Sour Vegetables & Quorn	Cheese & Onion Quiche
<b>Starchy Food</b>	Garlic Bread	Mashed Potatoes	Roast Potatoes	Braised Rice	Baked Potato Wedges Baked Potatoes
<b>Vegetables</b>	Sweetcorn	Garden Peas Cauliflower	Medley of Seasonal Vegetables	Garden Peas Sweetcorn	Mushy Peas Baked Beans
<b>Desserts</b>	Apple Crumble Custard Sauce	Chocolate Sponge Chocolate Sauce	Jelly & Ice Cream	Jam Sponge Custard Sauce	Flapjack
<b>Extra Dessert Options</b>	Fresh Fruit, Fruit Yoghurts				
<b>Bread</b>	Fresh White & Wholemeal Bread available to every customer				

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**WEEK 3 MENU**

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat, Fish Main Dishes</b>	Lamb Rogan Josh Naan Bread	Chicken & Bacon Pasta	Roast Loin Of Pork Yorkshire Pudding	Pasta Bolognaise Garlic Bread	Chicken Burger
<b>Vegetarian Main Dishes</b>	Vegetarian Chilli	Vegetarian Chicken Style Pieces in Tomato Sauce & Pasta	Vegetarian Sausage	Macaroni Cheese	Stuffed Peppers
<b>Starchy Food</b>	Braised Rice	Baked Potatoes	Mashed Potatoes	Pasta	Chipped Potatoes Baked Potatoes
<b>Vegetables</b>	Sweetcorn	Mixed Vegetable	Medley of Seasonal Vegetables	Broccoli	Garden Peas Baked Beans
<b>Desserts</b>	Chocolate Sponge Chocolate Sauce	Oaty Fruit Crumble Custard Sauce	Rice Pudding & Jam	Syrup Sponge Custard Sauce	Carrot Cake
<b>Extra Dessert Options</b>	Fresh Fruit, Fruit Yoghurts				
<b>Bread</b>	Fresh White & Wholemeal Bread available to every customer				

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**WEEK 4 MENU**

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat, Fish Main Dishes</b>	Chicken Curry Naan Bread	Sausage Bercy	Honey Roast Ham Yorkshire Pudding	Savoury Mince	Fish Cakes
<b>Vegetarian Main Dishes</b>	Mild Vegetable Chilli	Vegetable Sausage	Vegetarian Lasagne	Penne Arrabbiatta	Vegetable Burgers
<b>Starchy Food</b>	Steamed Rice	Mashed Potatoes	Roast Potatoes	Braised Rice	Chipped Potatoes Baked Potatoes
<b>Vegetables</b>	Mixed Vegetables	Green Beans Carrots	Medley of Seasonal Vegetables	Broccoli	Mushy Peas Baked Beans
<b>Desserts</b>	Sultana Sponge Custard Sauce	Cherry Shortbread Custard Sauce	Cheese Cake	Jam Sponge Custard Sauce	Lemon Love Pie
<b>Extra Dessert Options</b>	Fresh Fruit, Fruit Yoghurts				
<b>Bread</b>	Fresh White & Wholemeal Bread available to every customer				

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**South Lincolnshire  
Academies Trust**

**WEEK 5 MENU**

<b>Day</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meat, Fish Main Dishes</b>	Lamb Madras Naan Bread	Pork & Bean Casserole	Roast Chicken & Stuffing	Beef Lasagne	Beef Burger
<b>Vegetarian Main Dishes</b>	Baked Potatoes & Baked Beans	Vegetarian Savoury Rice	Vegetable Kiev	Vegetarian Lasagne	Vegetable Burger
<b>Starchy Food</b>	Steamed Rice	Mashed Potatoes	Roast Potatoes	Garlic Bread	Chipped Potatoes Baked Potatoes
<b>Vegetables</b>	Mixed Vegetables	Garden Peas Sweetcorn	Carrots Broccoli	Tossed Salad	Peas Washington Baked Beans
<b>Desserts</b>	Fruit Salad	Syrup Sponge Custard Sauce	Semolina & Jam	Fruit Pie Custard Sauce	Crispy Cake
<b>Extra Dessert Options</b>	Fresh Fruit, Fruit Yoghurts				
<b>Bread</b>	Fresh White & Wholemeal Bread available to every customer				

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**WEEK 6 MENU**

<b>Day</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meat, Fish Main Dishes</b>	Beef Stroganoff	Pork Meat Balls in Tomato Sauce	Beef Stew and Yorkshire Pudding	Stir Fried Chicken	Fish Fingers
<b>Vegetarian Main Dishes</b>	Mushroom Stroganoff	Vegetarian Balls in Tomato Sauce	Meat Free Casserole	Stir Fried Vegetables	Vegetable Wraps
<b>Starchy Food</b>	Steamed Rice	Pasta	Mashed Potatoes	Steamed Rice	Chipped Potatoes Baked Potatoes
<b>Vegetables</b>	Garden Peas	Mixed Vegetables	Carrots Broccoli	Sweetcorn	Mushy Peas Baked Beans
<b>Desserts</b>	Chocolate & Pear Sponge Chocolate Sauce	Bread & Butter Pudding Custard Sauce	Trifle	Treacle Tart Custard Sauce	Banana Cake
<b>Extra Dessert Options</b>	Fresh Fruit, Fruit Yoghurts				
<b>Bread</b>	Fresh White & Wholemeal Bread available to every customer				

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**WEEK 7 MENU**

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat, Fish Main Dishes</b>	Chicken With Peppers	Barbeque Pork	Roast Lamb & mint Sauce	Meat Loaf	Hot Dog & Onions
<b>Vegetarian Main Dishes</b>	Vegetarian Chicken Style Pieces With Peppers	Vegetarian Balls in Barbeque Sauce	Meat Free Casserole	Vegetarian Meat Loaf	Vegetarian Hot Dog & Onions
<b>Starchy Food</b>	Pasta Garlic Bread	Steamed rice	Roast Potatoes	Mashed Potatoes	Chipped Potatoes Baked Potatoes
<b>Vegetables</b>	Garden Peas	Mixed Vegetables	Medley of Vegetables	Sweetcorn	Peas Washington Baked Beans
<b>Desserts</b>	Fruit Crumble Custard Sauce	Jam Sponge Custard Sauce	Rice Pudding & Jam	Toffee Sponge Custard sauce	Jelly & Ice Cream
<b>Extra Dessert Options</b>	Fresh Fruit, Fruit Yoghurts				
<b>Bread</b>	Fresh White & Wholemeal Bread available to every customer				

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**WEEK 8 MENU**

<b>Day</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meat, Fish Main Dishes</b>	Mild Chilli Con Carne	Pork Goulash	Hunters Chicken	Lamb Meat Balls in Tomato & Basil Sauce	Chicken Nuggets
<b>Vegetarian Main Dishes</b>	Vegetarian Chilli	Vegetarian Goulash	Vegetable Bake	Falafel in Tomato & Basil Sauce	Vegetarian Chicken Nuggets
<b>Starchy Food</b>	Steamed rice	Mashed Potatoes	Roast Potatoes	Pasta	Chipped Potatoes Baked Potatoes
<b>Vegetables</b>	Mixed Vegetables	Garden Peas	Medley of Vegetables	Sweetcorn	Peas Washington Baked Beans
<b>Desserts</b>	Fruit Pie Custard Sauce	Lemon Sponge Custard Sauce	Chocolate Angel Delight	Fruit Crumble Custard Sauce	Chocolate Brownie
<b>Extra Dessert Options</b>	Fresh Fruit, Fruit Yoghurts				
<b>Bread</b>	Fresh White & Wholemeal Bread available to every customer				



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