

Childs Name: _____ Childs Class: _____

Week 1

Monday	✓	Tuesday	✓	Wednesday	✓	Thursday	✓	Friday	✓
Meatballs in tomato sauce		Roast chicken with stuffing and gravy		Chicken tikka		Beef burger in a bun		Fish fingers	
Margherita pizza		Quorn sausage in BBQ sauce		Cheese whirl		Quorn cottage pie		Mixed bean chilli	
Wholemeal cheese sandwich		Ham and tomato bap		Egg mayo and cress sandwich		Tuna mayo bap		Tuna mayo wrap	

Week 2

Monday	✓	Tuesday	✓	Wednesday	✓	Thursday	✓	Friday	✓
BBQ chicken		Roast turkey with stuffing		Spaghetti bolognese		Sausage with onion gravy		Salmon nuggets	
Tomato pasta bake		Quorn meatballs in tomato sauce		Rainbow pizza		Quorn burger in a bun		Vegetarian sausage roll	
Half cheese baguette		Ham finger roll		Tuna wrap		Chicken baguette		Egg mayo finger roll	

Week 3

Monday	✓	Tuesday	✓	Wednesday	✓	Thursday	✓	Friday	✓
Beef chilli		Roast chicken		All day breakfast (omelette, sausage/veg sausage,beans)		Chicken burger in a bun		Breaded fish	
Pizza wrap		Quorn and vegetable tikka		Homemade quiche		Quorn and vegetables in sweet and sour sauce		Vegetarian sausage	
Tuna and sweetcorn baguette		Roast beef sandwich		Cheese bap		Egg mayo finger roll		Quorn tikka wrap	