

MONDAY – WEEK 1

	MENU	MENU REFERENCE
Hot Meal	Lentil Soup	Week 1, Recipe 1
	Breaded Haddock Fillet	Purchase from Brakes, Code 6849
	Sweetcorn/Peas (2.5kg)	Purchase from Brakes, Sweetcorn Code 4782 Peas Code 4753
	Boston Bean Hotpot	Week 1, Recipe 2
	Boiled Potatoes	Purchase from George Anderson
	Seasonal fruit	Purchase from George Anderson
	Mixed Side Salad (Salad Bowl)	See Generic Guidelines 17
Packed	Chicken Roll on wholemeal bread	Packed Lunch Week 1, Recipe 1
	Cheese & tomato on best of both bread	Packed Lunch Week 1, Recipe 2
	Oat cookie	Packed Lunch Week 1, Recipe 3
	Fromage frais	See Generic Guidelines 3
	Seasonal fruit	See Generic Guidelines 7
	Orange juice	See Generic Guidelines 5

TUESDAY – WEEK 1

	MENU	MENU REFERENCE
Hot Meal	Savoury Minced Beef	Week 1, Recipe 3
	Mixed Veg (2.5kg)	Purchase from Brakes Code 3235
	Creamed Potatoes	Purchase from George Anderson
	Pizza	Purchase from Brakes, Code No. 52556
	Baked Beans	Purchase from 3663
	Baby Jacket Potato (1kg/10kg)	Purchase from George Anderson
	Carrot cake with topping	Week 1, Recipe 4
	Custard	Week 1, Recipe 5
	Fresh Fruit Platter	Week 1, Recipe 6
Packed Lunch	Tuna mayonnaise on brown bread	Packed Lunch Week 1, Recipe 4
	Sweet chilli Quorn in pitta bread	Packed Lunch Week 1, Recipe 5
	Carrot cake	Week 1, Recipe 6 (hot meals)
	Cheese portion	See Generic Guidelines 6
	Red grape & kiwi fruit	Packed Lunch Week 1, Recipe 7
	Milk/milkshake	See Generic Guidelines 4

WEDNESDAY – WEEK 1

	MENU	MENU REFERENCE
Hot Meal	Carrot soup	Week 1, Recipe 7
	Sweet & Sour Chicken	Week 1 Recipe 8 (Purchase Knorr Sauce from 3663 Code 40697)
	Boiled Rice	Week 1 Recipe 9
	Broccoli	Purchase from Brakes Code No.4748
	Roast Potato (2.5g value roasting potatoes)	Purchase from Brakes Code No. 4625
	Cheesy Pasta	Week 1, Recipe 10
	Yoghurt	See Generic Guidelines 2
	Fruit dippers	Week 1, Recipe 11
Packed Lunch	Ham & Tomato in a low salt White bun	Packed Lunch Week 1, Recipe 8
	Savoury Cheese on Brown bread	Packed Lunch Week 1, Recipe 9
	Flapjack	Packed Lunch Week 1, Recipe 10
	Yoghurt	See Generic Guideline 2
	Seasonal fruit	See Generic Guideline 7
	Orange juice	See Generic Guideline 5

THURSDAY – WEEK 1

	MENU	MENU REFERENCE
Hot Meal	Gammon	Week 1, Recipe 12
	Pineapple in Fruit Juice	Purchase from 3663
	Small boiled potato	Purchase from George Anderson
	Carrot/Swede	Purchase from Brakes Code No.37015
	Savoury quorn mince	Week 1, Recipe 13
	Fruit crumble	Week 1, Recipe 14
	Custard	Week 1, Recipe 5
	Assorted Melon Wedges	Week 1, Recipe 15
	Mixed Side Salad	See Generic Guideline 17
Packed Lunch	Coronation Chicken in a Wholemeal Baguette	Packed Lunch Week 1, Recipe 11
	Cheese Slice on Brown bread	Packed Lunch Week 1, Recipe 12
	Plain/Toffee muffin	Packed Lunch Week 1, Recipe 13
	Fruity bites	See Generic Guideline 8
	Melon	Week 1, Recipe 15
	Milk/Milkshake	See Generic Guideline 4

FRIDAY – WEEK 1

	MENU	MENU REFERENCE
Packed Lunch	Turkey Salad on Brown bread Egg Mayonnaise on Brown Bread Jelly Pot Yoghurt loaf Seasonal fruit Milk/Milkshake	Packed Lunch Week 1, Recipe 14 Packed Lunch Week 1, Recipe 15 See Generic Guideline 19 Packed Lunch Week 1, Recipe 16 See Generic Guideline 7 See Generic Guideline 4

MONDAY – WEEK 2

	MENU	MENU REFERENCE
Hot Meal	Breaded Diced Chicken fillet (Green Gourmet)	Week 1, Recipe No. 1 Purchase from Brakes, Code No 54202
	Baked beans	Purchase from 3663, reduced salt/sugar
	Chips	Purchase from Brakes, Code No.3894
	Quorn Hot dog in a finger roll	Purchase Quorn Sausage from Brakes 4202 Purchase Finger Bun from Brakes 31298
	Crumble Topped Sponge	Week 2, Recipe No.2
	Custard	Week 1, Recipe No. 5
	Seasonal fruit	See Generic Guideline, 7
	Salad bowl	As Generic Guideline, 17
Packed	Sliced Ham on brown bread	Packed Lunch, Week 2, Recipe No. 1
	Savoury cheese on best of both bread	Packed Lunch, Week 2, Recipe No. 2
	Crumble Topped Muffin	Packed Lunch, Week 2, Recipe No. 3
	Yoghurt	See Generic Guideline, 2
	Seasonal fruit	See Generic Guideline, 7
	Milk/Milkshake	See Generic Guideline, 4

TUESDAY - WEEK 2

	MENU	MENU REFERENCE
Hot Meal	Yellow Split Pea Soup	Week 2, Recipe No. 3
	Lamb meatballs in tomato sauce	Week 2, Recipe No. 4
	Carrot batons	Purchase from George Anderson 2kg/5kg
	Pasta Twists	Purchase from 3663
	Baked Potato with Quorn Korma	Week 2, Recipe No. 4
	Fromage frais	As Generic Guideline 3
	Fruit dippers	Week 1, Recipe No. 11
	Salad bowl	As Generic Guidelines, 17
Packed	Chicken mayo & tomato in a wrap	Packed Lunch, Week 2, Recipe No. 4
	Sliced egg & cucumber on brown roll	Packed Lunch, Week 2, Recipe No. 5
	Melting Moment	Packed Lunch, Week 2, Recipe No. 6
	Cheddar finger	See Generic Guidelines, 6
	Green grapes	Purchase from George Anderson
	Orange juice	See Generic Guidelines, 5

WEDNESDAY - WEEK 2

	MENU	MENU REFERENCE
Hot Meal	Chicken jambalaya (serve chicken sauce separate from Rice)	Week 2, Recipe No. 6
	Rice	Week 1, Recipe No. 9
	Sweetcorn	Purchase from Brakes, Code No. 4782
	Pizza	Purchase from Brakes, Code No. 52556
	Potato Wedges	Purchase from Brakes, Code No. 33132
	Salad bowl	See Generic Guideline, 17
	Caramel flan	Week 2, Recipe 7
	Custard	Week 1, Recipe No. 5
	Pineapple & Kiwi fruit	Week 2, Recipe No. 8
Packed	Tuna mayo on brown bread	Packed Lunch, Week 2, Recipe No. 8
	Cheese slice on brown bread	Packed Lunch, Week 2, Recipe No. 9
	Caramel biscuit	Packed Lunch, Week 2, Recipe No. 10
	Fromage frais	See Generic Guideline No. 3
	Seasonal fruit	See Generic Guideline No. 7
	Milk/milkshake	See Generic Guideline No. 4

THURSDAY – WEEK 2

	MENU	MENU REFERENCE
Hot Meal	Chicken Noodle Soup & Wholemeal Baguette	Week 2, Recipe No. 9
	Oven baked pork sausage (Pork 8's)	Week 2, Recipe No. 10
	Creamed Potatoes	Purchase from George Andersons
	Peas	Purchase from Brakes, Code No. 4753
	Cheese & Lentil Enchiladas	Week 2, Recipe No.11 – Purchase Sauce from 3663
	Potato Salad	Purchase from George Anderson
	Fruit platter	Week 1, Recipe No. 6
	Salad bowl	See Generic Guidelines No. 17
	Turkey on brown bread	Packed Lunch, Week 2, Recipe No. 11
	Egg mayo on brown roll	Packed Lunch, Week 2, Recipe No. 12
	Lemon Cup cake	Packed Lunch, Week 2, Recipe No. 13
	Fruity Bites	See Generic Guidelines No. 8
	Fresh fruit salad	Week 1, Recipe 6,
	Orangejuice	See Generic Guidelines No. 5

FRIDAY – WEEK 2

	MENU	MENU REFERENCE
	Waferthin ham & salad on brown roll	Packed Lunch, Week 2, Recipe No. 15
	Cheese & tomato on best of both bread	Packed Lunch, Week 2, Recipe No. 16
	Chocolate Cookie	Packed Lunch, Week 2, Recipe No. 17
	Fruity Pot	See Generic Guidelines No. 20
	Seasonal fruit	See Generic Guidelines No. 7
	Milk/Milkshake	See Generic Guidelines No. 4

MONDAY – WEEK 3

	MENU ITEM	MENU REFERENCE
Hot Meal	Breaded Salmon Fillet (Green Gourmet)	Purchase form Brake Bros. Code 54532
	New Potatoes (1kg/10kg)	Purchase from George Andersons
	Peas (2.5kg)	Purchase from Brake Bros. Code 4753
	Macaroni cheese	Week 3, Recipe No. 1
	Chocolate Crispy	Week 3, Recipe No. 2
	Custard	Week 1, Recipe No. 5
	Selection of Fresh Fruit	See Generic Guidelines No. 7
Packed Lunch	Tuna Mayonnaise-Medium Brown Bread	Packed Lunch Week 3, Recipe No. 1
	Cheese Salad-Best of Both Bread	Packed Lunch Week 3, Recipe No.2
	Fromage Frais	See Generic Guidelines No. 3
	Chocolate Crispy	Week 3, Recipe No. 2 (hot meals)
	Selection of Fresh Fruit	See Generic Guideline No. 7
	Milk/Milkshake	See Generic Guideline No. 4

TUESDAY – WEEK 3

	MENU	MENU REFERENCE
Hot Meal	Tomato & lentil Soup	Week 3, Recipe No. 3
	Chicken & Vegetable Curry	Week 3, Recipe No. 4
	Rice	Week 1, Recipe No. 9
	Mixed Vegetables (2.5kg)	Purchase from Brakes, Code 3235
	Quorn Burger in a low salt bun (24x50gm)	Purchase from Brakes, Code 4194
	Burger Bun 1x48 – Low Salt & Fat	Purchase from Brakes, Code 31813
	Diced Potato with Seasoning	Week 3, Recipe No.5 – Purchase Potatoes from Brakes, Code 33133 (McCains)
	Tomato Ketchup Portion	Purchase from 3663
	Mixed Salad (Salad Bowl)	See Generic Guideline No. 17
	Fresh Fruit Platter	Week 1, Recipe No. 6
Packed Lunch	Ham, Cheese & Tomato Brown L/Salt Bun	Packed Lunch Week 3, Recipe No. 4
	Egg Mayo in a Wrap	Packed Lunch Week 3, Recipe No. 5
	Fruit Biscuit 25g (Orang-u-tangys)	Purchase from 3663 Code 89384
	Yoghurt	See Generic Guidelines No. 2
	Selection of Fresh Fruit	See Generic Guidelines No. 7
	Orange Juice	See Generic Guidelines No. 5

WEDNESDAY – WEEK 3

	MENU	MENU REFERENCE
Hot Meal	Beef Bolognaise	Week 3, Recipe No. 6
	Penne Pasta	Week 3, Recipe No 7
	Sweetcorn (2.5kg)	Purchase from Brakes, Code 4782
	Baked Potato } Cheese & Beans }	Week 3, Recipe No. 8
	Mixed Side Salad (Salad Bowl)	See Generic Guideline No. 17
	Iced Chocolate Sponge	Week 3, Recipe No. 9
	Custard	Week 1, Recipe No. 5
	Jelly & Fruit	Week 3, Recipe No. 10
Packed Lunch	Chicken Mayonnaise on a low salt bun	Packed Lunch Week 3, Recipe No. 6
	Savoury Cheese on Brown Bread	Packed Lunch Week 3, Recipe No.7
	Chocolate cup Cake	Packed Lunch Week 3, Recipe No.8
	Cheese portion	See Generic Guidelines No. 6
	Slice of melon	Purchase from George Anderson
	Milk/Milkshake	See Generic Guidelines No. 4

THURSDAY – WEEK 3

	MENU	MENU REFERENCE
Hot Meal	Leek & Potato Soup	Week 3, Recipe No. 11
	Crusty bread	Purchase from George Andersons or Brakes
	Turkey with Gravy	Week 3, Recipe No. 12
	Roast Potatoes (2.5kg value roasting potatoes)	Purchase from Brakes, Code 4625
	Broccoli (2kg)	Purchase from Brakes, Code 4748
	Vegetarian Lasagne	Week 3, Recipe No. 13
	Garlic bread	Purchase from Brakes, Code 4660
	Mixed Salad (Salad Bowl)	Week 3, Recipe No. 14
	Fresh fruit cup	Week 3, Recipe No. 15
Packed Lunch	Ham salad on best of both bread	Packed Lunch Week 3, Recipe No.10
	Coronation Quorn in a pitta bread	Packed Lunch Week 3, Recipe No.11
	Jelly Pot	See Generic Guidelines No. 19
	Demerara shortbread	Packed Lunch Week 3, Recipe No. 12
	Seasonal Fruit	Purchase from George Anderson
	Orange juice	See Generic Guidelines No. 5

FRIDAY – WEEK 3

	MENU	MENU REFERENCE
Packed Lunch	Turkey salad on brown bread	Packed Lunch Week 3, Recipe No. 13
	Sliced egg on a brown bun	Packed Lunch Week 3, Recipe No. 14
	Fruit yoghurt	As Generic Guidelines No. 2
	Banana Loaf	Packed Lunch Week 3, Recipe No.15
	Seasonal fruit	As Generic Guidelines No. 7
	Milk/Milkshake	As Generic Guidelines No. 4