

WEEK 1 PRIMARY EXPORT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL MAIN	RIPPLE COATED CHICKEN FILLET WITH TOMATO SAUCE LF	COTTAGE PIE WITH GRAVY	ROAST CHICKEN LF GF WITH SAGE AND ONION STUFFING AND GRAVY	PORK MEATBALLS LF WITH PASTA QUILLS AND GARLIC BREAD	FISH FRIDAY LF
VEGETARIAN/VEGAN	VEGAN SAUSAGE ROLL LF V VE	POTATO TOPPED VEGETABLE BAKE GF V	CHEESE AND POTATO WHIRL V	MEATLESS MEATBALLS LF GF V VE WITH PASTA QUILLS AND GARLIC BREAD	SOUTHERN FRIED VEGAN NUGGETS LF V WITH BAR-B-Q SAUCE VE
SALADS / VEGGIES	MIXED VEGETABLES CURLY POTATOES LF V VE	CAULIFLOWER AND BROCCOLI MIX LF GF V VE	ROAST POTATOES GF V VE AND FARMHOUSE VEGETABLES LF GF V VE	VEGETABLE MEDLEY LF GF V VE	CHIPS AND BAKED BEANS LF GF V VE
DESSERTS	ASSORTED MUFFINS V	APPLE CRUMBLE AND CUSTARD V	OATY COOKIES LF V	CHOCOLATE AND ORANGE SPONGE LF V WITH CHOCOLATE SAUCE	FRUIT AND ICE-CREAM GF V

WEEK 2 PRIMARY EXPORT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL MAIN	BEEF BOLOGNAISE LF GF WITH PENNE PASTA AND GARLIC BREAD	PEPPERONI PIZZA	CHICKEN PIE WITH GRAVY LF	WHITEFISH FISHCAKE LF WITH TARTARE SAUCE LF	CHICKEN NUGGETS
VEGETARIAN/VEGAN	MACARONI CHEESE AND GARLIC BREAD V	MARGHERITA PIZZA V	ROASTED VEGETABLE PARCEL V	CHEESE OMELETTE GF V	QUORN VEGAN DIPPERS LF V VE
SALADS / VEGGIES	MIXED VEGETABLES LF GF V VE	DICED POTATOES LF V VE AND MIXED SALAD	MASHED POTATOES V WITH BROCCOLI AND CAULIFLOWER MEDLEY	POTATO PUFFS LF GF V VE AND CORN ON THE COB	CHIPS AND BAKED BEANS LF GF V VE
DESSERTS	SHORTBREAD FINGER LF V VE WITH MILKSHAKE	ICED SPONGE LF V	JELLY GF LF V VE	CHOCOLATE CRUNCH LF V WITH PINK SAUCE	ANGEL DELIGHT GF V

WEEK 3 PRIMARY EXPORT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL MAIN	CHICKEN KORMA WITH RICE GF AND NAAN BREAD	BEEF LASAGNE WITH GARLIC BREAD	TOAD IN THE HOLE WITH GRAVY	HUNTERS CHICKEN GF	FISH FRIDAY LF
VEGETARIAN/VEGAN	VEGETABLE KORMA WITH RICE GF V AND NAAN BREAD	ROASTED VEGETABLE LASAGNE WITH GARLIC BREAD V	QUORN TOAD IN THE HOLE WITH GRAVY V VE	QUORN FILLET WITH A BARBEQUE AND VEGAN CHEESE TOPPING LF V VE	VEGETABLE NUGGETS LF V VE
SALADS / VEGGIES	MIXED VEGETABLES LF GF V VE	MIXED PEAS AND BABY CARROTS LF GF V VE	MASHED POTATOES AND FARMHOUSE VEG V VE	BUTTERED NEW POTATOES WITH GREEN BEANS AND SWEETCORN LF GF V VE	CHIPS AND BAKED BEANS LF LF V VE
DESSERTS	CHOCOLATE AND VANILLA SWIRL MOUSSE GF V	SYRUP SPONGE LF V WITH CUSTARD	FLAPJACK LF V VE	BANANA CUPCAKES LF V	FRUIT JELLY LF GF V VE