

Spring 2017 Naturecater Fresh Foundations

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<i>Normal</i>	Sausage	Tomato & lentil bake	Chicken Dinner	Fish Fingers	Cheese & Potato Bake
	<i>Vegetarian</i>	Vegetarian sausage	tomato & lentil bake	Meat alternative	Cheese & Onion Lattice	Cheese & Potato Bake
	<i>Accompaniment</i>	Potato 2 x vegetables Gravy	Garlic Bread	Potato 2 x vegetables Gravy	Potato 2 x vegetables Parsley Sauce	2 x veg
	<i>Pudding</i>	Short Bread Biscuits	Apple & carrot Cake custard	Banana & cinnamon Rice pudding	yoghurts	Jelly
Week 2	<i>Normal</i>	Fish & Broccoli Bake	Chicken Risotto	Beef lasagne	Pork Dinner	Shephards Pie
	<i>Vegetarian</i>	Broccoli & sweetcorn Bake	Vegetable Risotto	Vegetarian Lasagne	vegetarian sausage	meat Alternative
	<i>Accompaniment</i>	Garlic Bread	2 x vegetables	Garlic Bread	Potato 2 x vegetables Gravy	Potato 2 x vegetables Gravy
	<i>Pudding</i>	Fruit	Yoghurts	Banana & raisin flapjack	Cocoa & beet cake	Fruit Salad
Week 3	<i>Normal</i>	Chicken dinner	Pizza	Sausage	Pasta Bolognese	Ham & Leek Bake
	<i>Vegetarian</i>	meat alternative	pizza	vegetable sausage	5 vegetables pasta	leek & cheese bake
	<i>Accompaniment</i>	Potato 2 x vegetables Gravy	Wedges & Baked Beans	Potato 2 x vegetables Gravy	Garlic Bread cheese	Potato 2 x vegetables
	<i>Pudding</i>	Ginger bread	jelly	fruit salad	Apple Crumble Tart	Yoghurts
Week 4	<i>Normal</i>	Ham Dinner	5 veg pasta	Chicken dippers	Meatballs & Ragu	Pork Dinner
	<i>Vegetarian</i>	meat Alternative	5 veg pasta	vegetable sausage	mushroom ragu	meat Alternative
	<i>Accompaniment</i>	Potato 2 x vegetables Parsley Sauce	Garlic Bread	Rice Salad & Cheese Sauce	Couscous Sweetcorn	Potato 2 x vegetables Gravy
	<i>Pudding</i>	yoghurts	Banana Bread & Vanilla sauce	Eves pudding	fruit	Pinapple upside down Cake Custard