

Feed Me Better Ltd

3 Week Cycle Hot School Meals

Week 1+4

Monday

2 Lincolnshire Sausages
Served with Best Mash Potato
Baked Beans & Brown Bread
(vegetarian option uses Quorn sausage)

Tuesday

Chicken Tikka masala
Served with Fluffy white rice
& Fresh Salad
(vegetarian option uses Quorn pieces)

Wednesday

Slow cooked Beef casserole
Served with a Jacket Potato
Carrot & Swede & Brown Bread
(vegetarian option uses Quorn chunks)

Thursday

Fresh Made Pizza (V)
Cheese & Tomato
Served with peas & sweetcorn
Fresh Salad

Friday

Tuna Arriabatta (V)
served with Penne Pasta
& Fresh Salad

"Feed Me Better"

Week 2+5

Monday

Lasagne
& Fresh Salad
(vegetarian option uses Quorn Mince)

Tuesday

Chicken & Mushroom Casserole
Served with Mash potato & Green cabbage
(vegetarian option uses Quorn pieces)

Wednesday

3 Fish Fingers(V)
Served with New Potato's & Parsley Sauce
& Brown bread

Thursday

Roast Pork
Served with mash potato, carrots
with apple sauce and best gravy
(vegetarian option "Bramley Apple Quater pounders)

Friday

Spaggetti Bolognaise
served with fresh salad
(vegetarian option uses Quorn mince)

"Feed Me Better"

Week 3+6

Monday

Shepards Pie
Served with green cabbage
(vegetarian option uses Quorn mince)

Tuesday

Toad in the Hole
Served with mash potato, swede
& Best gravy
(vegetarian option uses Quorn sausages)

Wednesday

Sweet & Sour Chicken
Served with fluffy white rice
Fresh salad
(vegetarian option uses Quorn pieces)

Thursday

Roast Beef
Served with Mash, mixed vegetables
best gravy
(vegetarian option Quorn Fillets)

Friday

Haddock Coujons(V)
served with new potato's , peas
Parsley sauce
Fresh salad & brown bread