

**MEADOWPARK MENU WEEK ONE**

<b>WEEK1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Lunch</b>	Macaroni Cheese, Salad and Garlic Bread	Lamb Passata, Couscous and Sweetcorn	Fish portion, potato wedges and peas	Sausage, Mashed Potato and Baked Beans	Lasagne, Broccoli and Garlic Bread
<b>Vegetarian Alternative</b>		Quiche	Vegetable fingers	Vegetable Sausage	Vegetable Lasagne
<b>Non Dairy</b>	Tomato Pasta				
<b>Dessert</b>	Yoghurt	Iced Sponge	Banana and Custard	Chocolate Chip Cookies	Rice Pudding
<b>Non-Dairy</b>	Fruit		Banana	Non-dairy Cookies	Fruit
<b>Tea</b>	Sausage Rolls and Pepper Sticks	Chicken or Cheese Wraps and Carrot Sticks	Ham or Marmite Rolls and Cucumber	Cream Cheese or Turkey Sandwich and Pepper Sticks	Pizza Style Rolls and Carrot Sticks
<b>Pudding</b>	Chocolate Crispy Cakes	Yoghurt	Apples	Banana	Melon
<b>Non- Dairy</b>		Fruit			
<b>Vegetarian Alternative</b>	Cheese and Onion Rolls	Marmite Wraps	Jam Rolls	Marmite Sandwich	-
<b>Non-Dairy</b>	Jam Sandwich	Marmite Wraps	-	Marmite Sandwich	Sandwich

**MEADOWPARK SCHOOL MENU - WEEK TWO**

<b>WEEK2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Lunch</b>	Fish Fingers, Chips and Spaghetti Hoops	Pizza Wedges and Baked Beans	Roast Chicken, Roast Potatoes, Farmhouse Mixed Vegetables and Stuffing	Jacket Potato, Cheese and Baked Beans	Beef Chilli and Rice
<b>Vegetarian Alternative</b>	Vegetable Fingers		Cheese and Onion Pasty		Paneer Chilli
<b>Non Dairy</b>					
<b>Dessert</b>	Flapjack made with non-dairy Butter	Jelly with fruit pieces	Yoghurt	Marble Cake and Custard	Ginger Cookies
<b>Non-Dairy</b>			Fruit	No Custard	Non-Dairy Cookies
<b>Tea</b>	Chicken or Jam Wraps and Cucumber	Sausage Rolls and Carrot Sticks	Ham or Marmite Sandwiches and Carrot Sticks	Turkey or Cheese Rolls and Cucumber	Cheese Swirls and Pepper Sticks
<b>Pudding</b>	Banana	Apple	Pears	Melon	Grapes
<b>Non-Dairy</b>		Marmite or Jam Swirls			
<b>Vegetarian Alternative</b>	Cheese Wraps		Jam Sandwich	Marmite Rolls	Cheese and Onion Rolls
<b>Non-Dairy</b>					

**MEADOWPARK SCHOOL MENU - WEEK THREE**

<b>WEEK3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Lunch</b>	Cheese and Tomato Pasta, Salad and Garlic Bread	Pork and Lentil Stew, Rice and Peas	Cottage Pie, Yorkshire Puddings and Sweetcorn	Chicken Curry and Rice	Pizza Wedges and Baked Beans
<b>Vegetarian Alternative</b>		Vegetable and Lentil Stew	Quorn Mince	Vegetable Tikka Masala	
<b>Non Dairy</b>					
<b>Dessert</b>	Ice Cream	Apple Crumble and Custard	Iced Sponge	Yoghurt	Carrot Cake
<b>Non-Dairy</b>	Non-Dairy Ice Cream	No Custard		Fruit	
<b>Tea</b>	Turkey or Marmite Rolls and Carrot Sticks	Cheese Swirls and Carrot Sticks	Chicken or Cheese Wraps and Cucumber	Ham or Jam Sandwiches and Peppers	Sausage Rolls and Carrot Sticks
<b>Pudding</b>	Yoghurt	Grapes	Banana	Pears	Melon
<b>Non-Dairy</b>	Fruit	Jam or Marmite Swirls	Jam or Marmite Wraps		
<b>Vegetarian Alternative</b>	Cheese Wraps	Jam or Marmite Swirls	Jam or Marmite Wraps	Marmite Sandwich	Cheese and Onion Rolls
<b>Non-Dairy</b>					