
















Head Teacher: Mrs J. Copley B.A. (Hons.), PGCE, NPQH
 Kings Road, RUSHALL, Walsall WS4 1JJ
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WEEK 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Quorn curry with wholemeal rice. Pasta in a lentil sauce 	Hot dogs & Quorn dogs. Jacket potatoes Fillings: Cheese Chilli Tuna Coleslaw Vegan Cheese Vegan Tuna Quorn Chilli	Omelette plain Omelette with peppers. Quorn fajitas 	Roast chicken dinner with mash. Vegan option Quorn roast. Gravy.	Tuna pasta bake. Pitta with a choice of filling Fillings: Tuna Cheese Chicken Vegan Cheese Vegan Tuna
Salad Peas	Corn on the cob Salad 	Salad Roasted veg Couscous	Seasonal veg 	Homemade fairy chips Seasonal veg Salad
Bread basket & naan	Bread basket	Bread basket	Bread basket	Bread basket.
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
Vegan ice-cream 	Banana cake.	Fruit salad 	Apple crumble	Cheese and biscuits Vegan cheese and biscuits 
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt










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WEEK 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato with Quorn chilli	Beef burgers	Chicken pasta bake	Roast pork dinner with mash.	Oven baked white fish
Veggie soup with chick peas and orzo pasta	Veggie burgers 	Veggie pasta bake	Quorn fillet dinner with mash Gravy	Jacket potato Fillings: Cheese Chilli Tuna Coleslaw Vegan Cheese Vegan Tuna Quorn Chilli 
Salad 	Wedges Corn on the cob Salad	Salad Seasonal Veg	Seasonal veg 	Homemade chips Seasonal veg Salad
Bread basket		Bread basket	Bread basket	Bread basket
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
Cheese and biscuits Vegan cheese and biscuits	Chocolate beetroot cake	Fresh fruit salad 	Cake and custard	Vegan ice cream 
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt



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WEEK 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Veggie cottage pie Jacket potato Fillings: Quorn bolognaise 	Chilli with wholegrain rice Quorn chilli with wholegrain rice Jacket potato Fillings: Cheese Chilli Tuna Coleslaw Vegan cheese Vegan Tuna	Sticky chicken Pasta with a lentil sauce 	Roast beef and mashed potatoes. Vegan sausage and mash Gravy	Salmon and tomato pasta Vegan pasta Pasta salad with egg 
Seasonal veg Salad	Corn on the cob Salad 	Couscous Seasonal Veg Salad	Seasonal veg 	Seasonal veg Salad
Bread basket	Garlic bread	Bread basket	Bread basket	Bread basket
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
Cheese and biscuits Vegan cheese and biscuit 	Lemon drizzle cake with custard	Fresh fruit salad	Cup cakes 	Vegan ice cream
Yoghurt	Yoghurt	Yoghurt.	Yoghurt	Yoghurt