



# SCHOOL FOOD MENU CYCLE

For more information on our support for school chefs visit [www.nestleprofessional.co.uk/schoolchefs](http://www.nestleprofessional.co.uk/schoolchefs) or call **0800 745 845\***

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	MEAT	Chicken and Chickpea Curry with Wholegrain Rice <a href="#">VIEW RECIPE</a>	Sausage, Potato and Butterbean Casserole <a href="#">VIEW RECIPE</a>	Roast Chicken Dinner <a href="#">VIEW RECIPE</a>	Beef Lasagne <a href="#">VIEW RECIPE</a>	Crunchy Tuna and Sweetcorn Pasta Bake <a href="#">VIEW RECIPE</a>
	VEGETARIAN	Braised Vegetarian Sausages with Cheesy Mash and Gravy <a href="#">VIEW RECIPE</a>	Tomato Risotto with Spinach and Peas <a href="#">VIEW RECIPE</a>	Vegetarian Lasagne <a href="#">VIEW RECIPE</a>	Sweet Potato and Butterbean Curry with Rice <a href="#">VIEW RECIPE</a>	Macaroni Cheese with Peas and Sweetcorn <a href="#">VIEW RECIPE</a>
WEEK 2	MEAT	Spaghetti Bolognese <a href="#">VIEW RECIPE</a>	Salmon Fish Finger Rolls with Homemade Salsa and Salad <a href="#">VIEW RECIPE</a>	Beef Stew with Mashed Potato and Parsley Dumplings <a href="#">VIEW RECIPE</a>	Mexican Chicken Tortilla with a Mixed Bean Salad <a href="#">VIEW RECIPE</a>	Tuna and Sweetcorn Ciabatta Pizza with Salad <a href="#">VIEW RECIPE</a>
	VEGETARIAN	Potato and Cheese Quesadilla served with Salad <a href="#">VIEW RECIPE</a>	Quorn Cottage Pie <a href="#">VIEW RECIPE</a>	Creamy Leek and Mushroom Tagliatelle <a href="#">VIEW RECIPE</a>	Squash and Lentil Burgers served in Crusty Brown Rolls <a href="#">VIEW RECIPE</a>	Tomato and Borlotti Bean Pasta Bake <a href="#">VIEW RECIPE</a>
WEEK 3	MEAT	Cheesy Chicken, Cauliflower and Broccoli Bake <a href="#">VIEW RECIPE</a>	Beef Cannelloni <a href="#">VIEW RECIPE</a>	Haddock and Coley Fish Pie <a href="#">VIEW RECIPE</a>	Chicken and Pea Paella <a href="#">VIEW RECIPE</a>	Fish Dogs served in Wholemeal Rolls with Salad <a href="#">VIEW RECIPE</a>
	VEGETARIAN	Traffic Light Pizza <a href="#">VIEW RECIPE</a>	Vegetable and Butterbean Hotpot <a href="#">VIEW RECIPE</a>	Mediterranean Vegetable Pasta Bake <a href="#">VIEW RECIPE</a>	Quorn Fruity Chilli Tacos topped with Cheese, Sour Cream and Lettuce <a href="#">VIEW RECIPE</a>	Falafel in Pitta Breads with Homemade Salsa <a href="#">VIEW RECIPE</a>

- One or more portions of vegetables or salad should be served as an accompaniment every day.
- One or more portions of fruit should be available everyday (at least 3 different types per week). Free, fresh drinking water should be available throughout the school day.
- Bread - with no added fat or oil - must be available every day. A portion of milk or dairy should be available every day and lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours.

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\*We're available 9am to 5pm, Monday to Friday. Because we want to make sure we're doing a good job, we may monitor or record our calls.