First Yield Foods

Growing starts here.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course One	Beef bolognese	Roasted lemon & herb chicken with onion gravy	Italian beef lasagne (Milk, Wheat)	Chicken tikka masala curry (Milk, Mustard)	Baked pollock with red pepper topping (Egg, Fish)
Main Course Two	Blended tomato, red lentil & butternut squash sauce	Carrot, parsnip & butterbean stew	Sweet potato, swede & leek bake (Milk)	Daal, sweet potato, coconut & spinach curry	Cheesey tomato pasta bake (Milk, Wheat)
Something on the Side	Penne pasta (Wheat) Steamed peas Broccoli	Sweet potato mash Roasted cauliflower florets and leeks	Roasted carrots	Basmati rice Green beans Samosas (Wheat) Raita (Milk)	Crushed new potatoes Mixed roasted vegetables
Dessert	Fruit salad & yoghurt (Milk)	Fruit salad & yoghurt (Milk)	Banana & apricot sponge cake (Milk)	Fruit salad & yoghurt (Milk)	Apple & pear crumble with custard (Milk, Wheat)
Additional Items	Freshly baked bread, salad bar, composite salads, fruit, yoghurt	Freshly baked bread, salad bar, composite salads, fruit, yoghurt	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Salad bar, composite salads



First Yield Foods

Growing starts here.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course One	Chicken & mushroom alfredo sauce (Milk)	Beef & black bean chillli con carne with salsa and sour cream (Milk)	Moroccan style chicken with mint dressing	Swedish style meatballs in creamy gravy (Milk, Mustard, Wheat)	Baked fish fillet with lemon dressing (Fish)
Main Course Two	Red lentil & tomato sauce with grated cheese	Tempeh, parsnip & red kidney bean chilli	Mildly spiced bean pattie with tomato and sweetcorn salsa	Roasted pepper & feta wraps (Milk, Wheat)	Macaroni & cheese (Milk, Wheat)
Something on the Side	Penne pasta (Wheat) Green beans & leeks	Steamed long grain rice Roasted cabbage & peppers Tortilla chips & guacomole	Quinoa & cous cous mix (Wheat)	Creamy mash Broccoli florets Roasted Beetroot	New potatoes Green vegetable medley
Dessert	Fruit salad & yoghurt (Milk)	Fruit salad & yoghurt (Milk)	Cherry & dark chocolate sponge (Egg, Milk, Wheat)	Fruit salad & yoghurt (Milk)	Apricot flapjack (Oats)
Additional Items	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Salad bar, composite salads



First Yield Foods

Growing starts here.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course One	Mild lamb curry	Roasted chicken with onion gravy	Chicken in tomato and basil sauce	Shepherd's pie (Milk)	Spanish style salmon with tomato & red pepper sauce (Fish)
Main Course Two	Louisana-style bean & lentil chilli (Milk, Wheat)	Lentil and vegetable roast loaf	Creamy cauliflower and leek sauce (Milk)	Mixed bean cottage pie with sweet potato topping	Fusili pasta, tomato sauce & grated cheese (Milk, Wheat)
Something on the Side	Basmati rice Lemon & herb yoghurt (Milk) Broccoli florets	New potatoes Yorkshire puddings Roasted carrots and parsnips	Penne pasta (Wheat) Sweetcorn	Steamed peas	Crushed potatoes Green beans
Dessert	Fruit salad & yoghurt (Milk)	Fruit salad & yoghurt (Milk)	Sticky plum & cinnamon sponge with custard (Milk, Wheat)	Fruit salad, yoghurt (Milk)	Chocolate chip cookie (Egg, Milk, Wheat)
Additional Items	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Freshly baked bread, salad bar, composite salads	Salad bar, composite salads

