

# WELCOME TO THE SQUARE.

THE HOME OF GREAT SQUARE MEALS

Find our menus now available below.

## WEEK 1

BEGINNING 30/09/24

Followed by: 21/10/24, 11/11/24, 02/12/24, 23/12/24, 06/01/25, 27/01/25, 17/02/25, 10/03/25, 31/03/25, 21/04/25, 12/05/25, 02/06/25, 23/06/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander (VE)	Lentil (VE)	Tomato (VE)	Leek & Potato (VE)	Lentil (VE)
MAIN MEAL 1	Tomato Pasta with Garlic Bread (VE)	Chicken Curry with Rice	Chicken Burger with Potato Wedges	Pork Sausage & Mashed Potato	Fish & Chips
MAIN MEAL 2	Pizza with Garlic Bread (V)	Sweet Potato Curry with Rice (VE)	Quorn Burger with Potato Wedges (V)	Vegan Sausage & Mashed Potato (VE)	Plain Omelette with Chips (V)
MAIN MEAL 3	Jacket Potato with Beans (VE) or Coleslaw (V)	Cheese (V) or Tuna Roll	Jacket Potato with Cheese (V) or Tuna	Ham or Cheese (V) Sandwich	Tuna or Cheese (V) Sandwich
SIDES	Broccoli or Salad	Carrot, Peas or Salad	Sweetcorn or Salad	Swede or Salad	Peas or Salad
DESSERT	Yoghurt	Jelly	Raspberry & Chocolate Brownie	Ice Cream	Yoghurt

# WEEK 2

**BEGINNING 07/10/24**

**Followed by:** 28/10/24, 18/11/24, 09/12/24, 30/12/24, 13/01/25, 03/02/25, 24/02/25, 17/03/25, 07/04/25, 28/04/25, 19/05/25, 09/06/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Veg (VE)	Lentil (VE)	Leek & Potato (VE)	Tomato (VE)	Lentil (VE)
MAIN MEAL 1	Mac & Cheese & Garlic Bread (V)	Chicken Tenders & Potato Wedges	Pasta Bolognese	Salmon Fishcakes & New Potatoes	Fish & Chips
MAIN MEAL 2	Beans on Toast (VE)	Veg Stir Fry with Noodles (V)	Veg Meatballs & Tomato Pasta (VE)	Vegan Sausage Roll with New Potatoes (VE)	Quorn Sausage & Chips (V)
MAIN MEAL 3	Jacket Potato with Beans (VE) or Coleslaw (V)	Ham or Egg (V) Sandwich	Jacket Potato with Cheese (V) or Tuna	Tuna or Cheese (V) Sandwich	Cheese (V) or Chicken Sandwich
SIDES	Broccoli or Salad	Sweetcorn or Salad	Mixed Veg or Salad	Beans or Salad	-
DESSERT	Yoghurt	Jelly	Lemon Drizzle Cake	Ice Cream	Yoghurt

# WEEK 3

**BEGINNING 14/10/24**

**Followed by:** 04/11/24, 25/11/24, 16/12/24, 20/01/25, 10/02/25, 03/03/25, 24/03/25, 14/04/25, 05/05/25, 26/05/25, 16/06/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Lentil (VE)	Carrot & Coriander (VE)	Lentil (VE)	Leek & Potato (VE)	Tomato (VE)
MAIN MEAL 1	Tomato Pasta & Garlic Bread (VE)	Pepperoni or Cheese (V) Pizza & Potato Wedges	Beef & Chilli Nachos	Chicken Curry with Rice & Naan Bread	Fish & Chips
MAIN MEAL 2	Quorn Nuggets & New Potatoes (V)	BBQ Chicken with Rice & Pitta Bread	Veg Chilli Nachos (V)	Cheesy Beano (V)	Vegan Sausage in Finger Roll & Chips (VE)
MAIN MEAL 3	Jacket Potato with Beans (VE) or Cheese (V)	Tuna or Cheese (V) Sandwich	Jacket Potato with Tuna or Beans (VE)	Ham or Tuna Sandwich	Jacket Potato with Beans (VE) or Cheese (V)
SIDES	Green Beans or Salad	Broccoli or Salad	Sweetcorn or Salad	Carrot, Peas or Salad	Beans or Salad
DESSERT	Yoghurt	Yoghurt	Jelly	Frozen Yoghurt	Oat & Sultana Cookie