

Week 1 7th January Week 4 28th January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Salmon and Sweet Potato Fishcake with oven chips, peas and tomato sauce	Spaghetti Bolognese with garlic bread and broccoli	Roast Chicken with Mashed Potato, seasonal vegetables and gravy	Meat and Vegetable Pie with salad potatoes and broccoli	Hot Dog and Roll with wedges and baked beans
Main 2	Cheese Omelette with Oven Chips, peas and tomato sauce	Vegetable Bolognese served with garlic bread and broccoli	Roasted Quorn with Steamed Potatoes, seasonal vegetables and gravy	Quorn Hotpot with salad potatoes and broccoli	Quorn Sausage and Roll with Wedges and Baked Beans
Main 3	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Dessert 1	Fruit Crumble and Custard	Goosey Chocolate Sponge and Custard	Fruit Jelly	Lemon Sponge and Custard	Fruity Flapjack
Dessert 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3	Fruit	Fruit	Fruit	Fruit	Fruit

BOOKING YOUR MEALS

Please select **ONE** main course and **ONE** dessert option per day and complete and return the order form supplied by your school.

Enquiries regarding the supply, booking or cancellation of meals must be made direct to the school.

Week 2 14th January Week 5 4th February	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main 1	Sausage Roll with Potato Wedges, peas and tomato sauce	Chicken in Tomato Sauce with pasta, broccoli and crusty bread	Lasagne with Oven Chips and salad	Roast Beef with mashed potatoes, Yorkshire pudding, cabbage, peas and gravy	Cheese and Tomato Pizza, with half a jacket potato and baked beans
Main 2	Quorn Burger with Potato Wedges, peas and tomato sauce	Quorn in Tomato Sauce, with pasta, broccoli and crusty bread	Vegetarian Lasagne with oven chips and salad	Roast Quorn Fillet with mashed potatoes, Yorkshire pudding, cabbage, peas and gravy	Cheese Omelette with half a jacket potato and baked beans
Main 3	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings

Dessert 1	Fruit Sponge and Custard	Raspberry Jam Sponge and Custard	Cornflake Tart and Custard	Fresh Fruit Salad	Iced Chocolate Sponge
Dessert 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3	Fruit	Fruit	Fruit	Fruit	Fruit

Please complete your order as instructed by your school

If you would like to comment or ask us a question about our food or menus, please contact us on 01754 610 164 or email ann.russell@firstcollegelincs.co.uk

Week 3 21st January Week 6 11th February	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main 1	Fish Fingers with Oven Chips, peas and tomato ketchup	Beef Burger and Roll with potato wedges and baked beans	Chicken Korma with Rice, naan bread and green beans	Roast Pork with Boiled Potatoes, seasonal vegetables and gravy	Beef Wrap served with half a jacket potato and salad
Main 2	Veggie Bean Bake with Oven Chips, peas and tomato ketchup	Quorn Burger and Roll with Potato Wedges and baked beans	Quorn Korma with Rice, naan bread and green beans	Roast Quorn fillet with Boiled Potatoes, seasonal vegetables and gravy	Cheese Omelette with half a jacket potato and salad
Main 3	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings

Dessert 1	Banana and Chocolate Mousse	Syrup Sponge and Custard	Marble Sponge with Chocolate Custard	Fruit Slice and Custard	Iced Finger
Dessert 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3	Fruit	Fruit	Fruit	Fruit	Fruit



At First Meals we take the quality of our ingredients very seriously and source from local suppliers wherever possible.