

| Week 4<br>25th June<br>Week 7<br>16th July | MONDAY                                                        | TUESDAY                                             | WEDNESDAY                                                        | THURSDAY                                   | FRIDAY                                                                       |
|--------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------|
| Main 1                                     | Mac & Cheese Mini Fishcakes with chips, peas and tomato sauce | Spaghetti Bolognese with garlic bread and sweetcorn | Roast Chicken, mashed potatoes and seasonal vegetables and gravy | Beef and Potato Pie with cabbage and peas  | Meatballs in a Tomato Sauce with pasta, crusty bread and green beans         |
| Main 2                                     | Cheese Omelette, oven chips, peas and tomato sauce            | Quorn Bolognese with garlic bread and sweetcorn     | Roast Quorn, mashed potatoes and seasonal vegetables and gravy   | Quorn Hotpot with cabbage and peas         | Quorn Meatballs in Tomato Sauce with pasta with crusty bread and green 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                                  | Rhubarb Crumble and custard                                   | Goey Chocolate Sponge & chocolate custard           | Fruit Jelly                                                      | Eves Pudding and custard                   | Fruit Flapjack                                                               |
| Dessert 2                                  | Yoghurt                                                       | Yoghurt                                             | Yoghurt                                                          | Yoghurt                                    | Yoghurt                                                                      |
| Dessert 3                                  | Fruit                                                         | Fruit                                               | Fruit                                                            | Fruit                                      | Fruit                                                                        |

Please complete your order as instructed by your school

| Week 1<br>4th June | MONDAY                                                        | TUESDAY                                             | WEDNESDAY                                                        | THURSDAY                                   | FRIDAY                                                                       |
|--------------------|---------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------|
| Main 1             | Mac & Cheese Mini Fishcakes with chips, peas and tomato sauce | Spaghetti Bolognese with garlic bread and sweetcorn | Roast Chicken, mashed potatoes and seasonal vegetables and gravy | Beef and Potato Pie with cabbage and peas  | Meatballs in a Tomato Sauce with pasta, crusty bread and green beans         |
| Main 2             | Cheese Omelette, oven chips, peas and tomato sauce            | Quorn Bolognese with garlic bread and sweetcorn     | Roast Quorn, mashed potatoes and seasonal vegetables and gravy   | Quorn Hotpot with cabbage and peas         | Quorn Meatballs in Tomato Sauce with pasta with crusty bread and green 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          | Rhubarb Crumble and custard                                   | Goey Chocolate Sponge & chocolate custard           | Fruit Jelly                                                      | Eves Pudding and custard                   | Fruit 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.

|                                                         |               |                |                  |                 |               |
|---------------------------------------------------------|---------------|----------------|------------------|-----------------|---------------|
| <b>Week 2</b><br>11th June<br><b>Week 5</b><br>2nd July | <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> |
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|---------------|--------------------------------------------------------|-------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <b>Main 1</b> | Sausage Roll with potato wedges, peas and tomato sauce | BBQ Chicken, salad potatoes and corn on the cob | Lasagne with oven chips and salad            | Roast Beef, mashed potatoes, Yorkshire pudding with cabbage, peas and gravy         | Cheese & Tomato Pizza, half a jacket potato and baked beans |
| <b>Main 2</b> | Quorn Burger with potato wedges, peas and tomato sauce | BBQ Quorn, salad potatoes and corn on the cob   | Vegetarian Lasagne with oven chips and salad | Roast Quorn Fillet, mashed potatoes, Yorkshire pudding with cabbage, peas and gravy | Cheese Omelette half a jacket potato and baked beans        |
| <b>Main 3</b> | 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                  |

|                  |                          |                                |                            |                   |                       |
|------------------|--------------------------|--------------------------------|----------------------------|-------------------|-----------------------|
| <b>Dessert 1</b> | Fruit Sponge and custard | Raspberry Jam Sponge & custard | Cornflake Tart and custard | Fresh Fruit Salad | Iced Chocolate Sponge |
| <b>Dessert 2</b> | Yoghurt                  | Yoghurt                        | Yoghurt                    | Yoghurt           | Yoghurt               |
| <b>Dessert 3</b> | 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](mailto:ann.russell@firstcollegelincs.co.uk)

|                                                         |               |                |                  |                 |               |
|---------------------------------------------------------|---------------|----------------|------------------|-----------------|---------------|
| <b>Week 3</b><br>18th June<br><b>Week 6</b><br>9th July | <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> |
|---------------------------------------------------------|---------------|----------------|------------------|-----------------|---------------|

|               |                                                       |                                            |                                                            |                                                                         |                                                      |
|---------------|-------------------------------------------------------|--------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------|
| <b>Main 1</b> | Fish Fingers, oven chips with peas and tomato ketchup | Beef Burger & Roll potato wedges & salad   | Chicken in Tomato Sauce, pasta, broccoli with crusty bread | Roast Pork with boiled potatoes, seasonal vegetables and gravy          | Beef Wrap, half a jacket potato and baked beans      |
| <b>Main 2</b> | Veggie Bean Bake, chips, peas and tomato ketchup      | Quorn Burger & Roll, potato wedges & salad | Quorn in Tomato Sauce, pasta, broccoli with crusty bread   | Roast Quorn Fillet, with boiled potatoes, seasonal vegetables and gravy | Cheese Omelette half a jacket potato and baked beans |
| <b>Main 3</b> | 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           |

|                  |                           |                          |                                      |                        |           |
|------------------|---------------------------|--------------------------|--------------------------------------|------------------------|-----------|
| <b>Dessert 1</b> | Banana & Chocolate Mousse | Syrup Sponge and custard | Marble Sponge with chocolate custard | Date Slice and custard | Ice Cream |
| <b>Dessert 2</b> | Yoghurt                   | Yoghurt                  | Yoghurt                              | Yoghurt                | Yoghurt   |
| <b>Dessert 3</b> | Fruit                     | Fruit                    | Fruit                                | Fruit                  | Fruit     |



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