

Week 4 24th Sept Week 7 15th October	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main 1	Mac and Cheese Mini Fishcakes with chips, peas and tomato sauce	Spaghetti Bolognaise with garlic bread and sweetcorn	Roast Chicken, mashed potatoes and seasonal vegetables and gravy	Gammon Steak with pineapple, salad potatoes and salad	Hotdogs and Roll with potato wedges and baked beans
Main 2	Cheese Omelette, oven chips, peas and tomato sauce	Quorn Bolognaise with garlic bread and sweetcorn	Roast Quorn, mashed potatoes and seasonal vegetables and gravy	Veggie Bean Bake with salad potatoes and salad	Quorn Sausage and Roll with potato 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	Rhubarb Crumble and custard	Gooey Chocolate Sponge and chocolate custard	Fruit Jelly	Lemon Sponge 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



First Meals for Schools

Autumn Menu

Term 1

4th Sept. - 19th October 2018

Week 1 4th Sept.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main 1		Mac and Cheese Mini Fishcakes with chips, peas and tomato sauce	Spaghetti Bolognaise, garlic bread and sweetcorn	Roast Chicken, mashed potatoes, seasonal vegetables and gravy	Meatballs in a Tomato Sauce with pasta, crusty bread and green beans
Main 2		Cheese Omelette, oven chips, peas and tomato sauce	Quorn Bolognaise, garlic bread and sweetcorn	Roast Quorn, mashed potatoes, seasonal vegetables and gravy	Quorn Meatballs in a tomato sauce with pasta, 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

Dessert 1		Rhubarb Crumble and custard	Gooey Chocolate Sponge and chocolate custard	Fruit Jelly	Fruit Flapjack
Dessert 2		Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3		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 10th Sept. Week 5 1st October	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, mashed potatoes, Yorkshire pudding with cabbage, peas and gravy.	Cheese and Tomato Pizza, 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, mashed potatoes, Yorkshire pudding with cabbage, peas and gravy	Cheese Omelette, 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 Sponges 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 17th Sept. Week 6 8th October	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main 1	Fish Fingers, oven chips with peas and tomato ketchup	Chicken Korma with rice, naan bread and green beans	Beef Burger and Roll with potato wedges and salad	Roast Pork with boiled potatoes, seasonal vegetables and gravy	Breaded Chicken, half a jacket potato and baked beans
Main 2	Veggie Bean Bake, chips, peas and tomato ketchup	Quorn Korma, with rice, naan bread and green beans	Quorn Burger and Roll with Potato Wedges and Salad	Roast Quorn Fillet with boiled potatoes, seasonal vegetables and gravy	Cheese Omelette, 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	Banana and Chocolate Mousse	Syrup Sponge and custard	Marble Sponge with chocolate custard	Elate Slice and custard	Ice Cream
Dessert 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3	Fruit	Fruit	Fruit	Fruit	Fruit

The logo for 'First Meals for Schools' features a stylized blue figure of a person with arms raised, wearing a white chef's hat. To the right of the figure, the words 'First Meals' are written in a large, blue, sans-serif font, and 'for Schools' is written below it in a smaller, black, cursive font.

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