

		MON	TUES	WED	THURS	FRI
WEEK ONE	LUNCH	Tomato and mascarpone pasta bake with mixed veg and garlic bread	Chilli Con Carne with rice, beans and tortilla's	Chicken supreme with broccoli and croquette potatoes	Hunters chicken with wedges and sweetcorn	Salmon and petit pois puffs and cous cous.
	DESSERT	Fruit Yoghurts	Peaches and ice cream	Sugar-free fruity Jelly	Bananas and custard	Home-made raspberry sponge
	VEGE OPTION		Quorn chilli con carne	Quorn Supreme	Cauliflower and cheese grills	Cheese and onion crisp bakes
	TEA	Sandwiches on brown bread. With ham, cheese, marmite or cheese spread. Sliced cucumber	Sandwiches on brown bread. With ham, cheese, marmite or cheese spread. Sliced apples	Sandwiches on brown bread. With ham, cheese, marmite or cheese spread. Carrot sticks	Sandwiches on brown bread. With ham, cheese, marmite or cheese spread. Sliced cucumber	Sandwiches on brown bread. With ham, cheese, marmite or cheese spread. Sliced banana
		MON	TUES	WED	THURS	FRI
WEEK TWO	LUNCH	Chicken goujons, with cous cous, cucumber, and peppers.	Spaghetti Bolognese with grated carrots and courgette and garlic bread	Cheese and Tomato pizza with roast potatoes and coleslaw	Fish cakes, new potatoes and spaghetti hoops	Sausage and mash potatoes with mixed vegetables
	DESSERT	Fruity Yogurts	Melon smiles	Chocolate sponges	Whipped dessert	Sugar-free jelly with ice cream
	VEGE OPTION	Quorn goujons	Quorn bolognese		Vegetable quarter pounders	Quorn sausages
	TEA	Selection of crackers with cheese, marmite or pate Sliced banana	Selection of crackers with cheese, marmite or pate Sliced cucumber	Selection of crackers with cheese, marmite or pate sliced apples	Selection of crackers with cheese, marmite or pate Carrot sticks	Selection of crackers with cheese, marmite or pate Sliced cucumber
		MON	TUES	WED	THURS	FRI
WEEK THREE	LUNCH	Tuna pasta bake with sweet corn and garlic bread	Sweet and sour chicken with noodles and prawn crackers	Meatballs in tomatoes sauce with garlic roast potatoes and green beans	Chicken curry, rice, onion and peas with poppadum's	Jacket potatoes, beans and cheese with coleslaw
	DESSERT	Fruity yoghurt	Mandarin oranges with cream.	Lemon sponge	Melon smiles	Jam tarts
	VEGE OPTION	Vegetarian sausage Pasta bake with sweetcorn	Quorn sweet and sour	Vegetarian meatballs	Quorn curry	
	TEA	Selection of wraps with ham, cheese, marmite or cheese spread. Carrot sticks	Selection of wraps with ham, cheese, marmite or cheese spread. Sliced banana	Selection of wraps with ham, cheese, marmite or cheese spread. Sliced cucumber	Selection of wraps with ham, cheese, marmite or cheese spread. Sliced apples	Selection of wraps with ham, cheese, marmite or cheese spread. Sliced cucumber