

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	SELECTION OF CEREALS AND TOAST				
Snack	SELECTION OF FRESH FRUIT AND VEGETABLE STICKS				
Lunch	JACKET POTATO WITH BAKED BEANS SERVED WITH CUCUMBER AND CARROT STICKS 6	SPAGHETTI BOLOGNESE SERVED WITH SALAD 6,14	SWEET AND SOUR CHICKEN SERVED WITH COUS COUS	MORROCCAN LAMB CURRY SERVED WITH RICE 14	SALMON FISH PIE WITH BROCCOLI 1
Vegetarian Alternative		VEGETARIAN BOLOGNESE SERVED WITH SALAD 6	SWEET AND SOUR TOFU SERVED WITH COUS COUS	VEGETABLE CURRY SERVED WITH RICE	MIXED BEAN PIE WITH MASHED POTATO AND BROCCOLI
Savoury Tea	HAM & SWEETCORN PITTA SERVED WITH CUCUMBER AND CARROTS	CRUMPETS WITH CREAM CHEESE OR HOUMOUS SERVED WITH CUCUMBER STICKS	BAKED BEANS ON TOAST	CREAM CRACKERS WITH HOUMOUS OR CREAM CHEESE SERVED WITH CARROT STICKS	WHOLEMEAL WRAPS WITH A SELECTION OF FILLINGS SERVED WITH SALAD
	CREAM CHEESE & SWEETCORN PITTA				
Dessert	SELECTION OF FRESH FRUIT, YOGHURT, RICE PUDDING				
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	SELECTION OF CEREALS AND TOAST				
Snack	SELECTION OF FRESH FRUIT AND VEGETABLE STICKS				
Lunch	CHICK PEA AND LENTIL CURRY SERVED WITH RICE AND GREEN BEANS	SHEPHERD'S PIE SERVED WITH SEASONAL VEGETABLES	VEGETABLE STIR FRY WITH EGG NOODLES	ROAST CHICKEN SERVED WITH POTATOES AND SEASONAL VEGETABLES	TUNA PASTA BAKE
Vegetarian Alternative		SHEPHERDESS PIE SERVED WITH SEASONAL VEGETABLES		TOFU SERVED WITH POTATOES AND SEASONAL VEGETABLES	MIXED BEAN PASTA BAKE
Savoury Tea	CHEESE ON TOAST SERVED WITH SALAD	CREAM CRACKERS WITH HOUMOUS OR CREAM CHEESE SERVED WITH CARROT STICKS	WHOLEMEAL SANDWICHES WITH A SELECTION OF FILLINGS SERVED WITH SALAD	SCRAMBLED EGGS ON TOAST	HOMEMADE CHEESE AND TOMATO PIZZA
Dessert	SELECTION OF FRESH FRUIT, YOGHURT, RICE PUDDING				