

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Sausages & mash with onion gravy	Chicken Korma	Roast chicken with Yorkshire pudding	Spaghetti bolognese	Breaded chicken mini fillets Battered cod fillet
Vegetarian	Spaghetti milanaise (tomato & parmesan)	Chinese veg & noodle stir fry	Quorn chilli with rice & tortillas	Vegetable Korma with rice	Home baked cheese & tomato quiche
Potato/vegetable	Green beans cauliflower	Mixed rice Steamed broccoli Saute leeks	Roast potatoes Carrots Brussel sprouts	Garlic bread Sweetcorn	Chips Garden peas Baked beans
Dessert		Apple turnovers with custard	Sticky toffee pudding with custard	Chocolate cake with custard	
Grab & go	Pasta bar Fish finger pitta With tartare sauce Sandwiches, baguettes, paninis	Pasta bar Fajitas Sandwiches, baguettes, paninis	Pasta bar Baguette filled with roast chicken & stuffing Sandwiches, baguettes, paninis	Pasta bar Cheese & tomato pizza Ham & mushroom pizza Sandwiches, baguettes, paninis	Pasta bar Beef & vegetable spring rolls Sandwiches, baguettes, paninis