

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b>	Cheese and Ham omelette	Toad in the hole (Beef sausages) with gravy	Roast chicken with stuffing dinner	Pork meatball with tomato sauce	Fish burger with lettuce and tomato in wholemeal bun optional Mayonnaise.
<b>Main vegetarian/vegan meal</b>	Baked vegetable omelette	Vegetarian sausages In vegetarian gravy	Cauliflower cheese	Vegetable and bean chilli	Tomato and cheese pasta Bake
<b>Light bite</b>	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans
<b>Salad option</b>	Cajun Chicken salad	Cheese salad in a wholemeal wrap	Tomato Pasta salad	Tuna mayonnaise and sweetcorn wholemeal wrap	Egg salad
<b>Vegetables</b>	Potato fries, Sweetcorn and peas	Creamy mashed potato, green beans	Roast potatoes, carrots and broccoli	Pasta Garlic bread	Mixed salad
<b>Dessert</b>	Yoghurt	Strawberry angel delight with sprinkles	Fruit salad	Iced Chocolate sponge.	Waffle with golden syrup sauce

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Week two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b>	Chicken Curry	Pork and stuffing in soft bun	Roast beef dinner with Yorkshire pudding	Mediterranean chicken tray bake	Pizza square with pepperoni
<b>Main vegetarian/vegan meal</b>	Vegetable Curry	Veggie burger in soft bun	Quorn dinner with Yorkshire pudding	Vegetable and potato in tomato sauce traybake	Pizza square with mushrooms
<b>Light bite</b>	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans
<b>Salad option</b>	Herby Tomato Pasta salad	Tuna salad 50/50 wholemeal wrap	Curried potato salad	Egg and bacon salad wholemeal wrap	Chicken Caesar salad
<b>Vegetables and accompaniments</b>	Fluffy rice and naan bread	Mixed salad	Roast potatoes, broccoli and carrots	Brown Rice	Potato fries and garden peas
<b>Dessert</b>	Yoghurt	Iced Sponge cake	Rice pudding with strawberry sauce	Butterscotch angel delight topped with Mandarin piece	Fruit salad

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