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| Week 1 | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  | |
| **Meal Option 1** | Jacket Potato Served with Tuna and Sweetcorn |  | Beef Spaghetti Bolognaise |  | BBQ Chicken with Roast Potato and Gravy |  | Aromatic Lamb Curry with Plain Rice |  | Fish Fingers with Oven Baked Chips |  | |
| **Meal Option 2** | 5 Bean Wholemeal Wraps |  | Vegetable and Lentil Soup with Sliced Wholemeal Bread |  | Vegetable Spring Rolls with Mixed Salad |  | Cheese and Onion Quiche |  | Vegetable and Butter Bean Nuggets with Chips |  | |
| **Vegetables** | Baked Beans |  | Broccoli |  | Sliced Green Beans |  | Carrots Roundels |  | Garden Peas |  | |
| **Salad Bar** | Tomato and Mozzarella Sliced Cucumber  Mixed Leaf Salad |  | Tossed Mixed Salad  Coleslaw  Diced Beetroot |  | Sweetcorn and Red Peppers  Diced Cucumber  Mixed Salad |  | Warldorf Salad  Coleslaw  Tomato Basil |  | Carrot and Raisins  Sliced Cucumber  Mixed Salad |  | |
| **Main Dessert** | Wholemeal Coconut Sponge Cake with Custard |  | Fruit Jelly |  | Shortbread |  | Banana Sponge Cake with Custard |  | Frozen Yogurt |  | |
| **2nd Dessert** | Fruit and Yogurt  Honey Dew Melon |  | Fruit and Yogurt  Banana |  | Fruit and Yogurt  Apple |  | Fruit and Yogurt  Orange |  | Fruit and Yogurt  Grapes |  | |
| **Other** | **Fresh Organic Bread, Fresh Fruit And Water is Available Daily.** | | | | | | | | | | |
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| Week 2 | **Meet Free Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Meal Option 1** | Margarita Pizza |  | Lamb and Vegetables in Taco Shells |  | Mild Jerk Chicken with Jollof Rice |  | Beef Burger In a Floured Bun with Burger Sauce |  | Salmon Goujons with Oven Chips |  |
| **Meal Option 2** | Jacket Potato with Baked Beans |  | Vegetable and Cheese Wrap |  | Vegetables and Broad Beans Stir Fry with Noodles |  | Veggie Bean Burger in a Floured Bun |  | Macaroni and Cheese |  |
| **Vegetables** | Baked Beans |  | Slice Green Beans |  | Cauliflower |  | Baked Beans |  | Sweetcorn and Peas |  |
| **Salad Bar** | Sliced Beetroot  Mixed Salad  Coleslaw |  | Tossed Mixed Salad  Potatoes and Parsley Salad  Sliced Tomatoes |  | Cucumber and Cherry Tomatoes  Mixed Salad  Coleslaw |  | Caesar Salad  Sliced Cucumber  Mixed Leaf Salad |  | Carrots and Raisins  Cherry Tomatoes with Fresh Basil and Olive Dressing |  |
| **Main Dessert** | Wholegrain Apple Crumble with Custard |  | Fresh Fruit Salad |  | Fruit Cocktail with Ice Cream |  | Coconut Sponge Cake with Custard |  | Jelly and Fruit |  |
| **2nd Dessert** | Fruit Yogurt  Apples |  | Fruit Yogurt  Grapes |  | Fruit Yogurt  Oranges |  | Fruit Yogurt  Bananas |  | Fruit Yogurt  Honey Dew Melon |  |
| **Other** | **Fresh Organic Bread, Fresh Fruit and Water are Available Daily.** | | | | | | | | | |
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| Week 3 | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Meal Option1** | Chicken Sausages with Oven Baked Potato Wedges |  | Fresh Baked Baguettes with Tuna and Sweetcorn or Melted Cheese |  | Homemade Chicken and Vegetable Curry with Plain Rice |  | Homemade Lamb Lasagne with Spring Vegetables  Served with Garlic Bread |  | Jumbo Fish Fingers with Oven Baked Chips |  |
| **Meal Option 2** | Homemade Leek, Red Lentil and Onion Pie |  | Jacket Potato with Baked Beans and Cheese |  | Homemade Soft Crust Cheese and Onion Quiche |  | Vegetable and Kidney Bean Hot Pot Finished with Sliced Potatoes and Cheese |  | Roast Vegetable Fritters |  |
| **Vegetables** | Baked Beans  Sweetcorn |  | Roasted Root Vegetables |  | Broccoli  Mixed Vegetables |  | Mixed Vegetables |  | Peas |  |
| **Salad Bar** | Tomato and Basil  Mixed Salad  Greek Salad |  | Wholegrain Pasta Salad  Sweetcorn and Red Peppers  Tossed Mixed Salad |  | Green Mixed Salad  Tomato Olives and Basil  Sliced Beetroot |  | Carrot and Cucumber Salad  Couscous  Coleslaw |  | Mixed Salad  Tomatoes  Cucumber |  |
| **Main Dessert** | Wholemeal Pineapple Crumble with Custard |  | Jelly and Fruit |  | Wholemeal Blueberries Muffins Served with Cream |  | Seasonal Fruit Platter |  | Sliced Peach with Ice Cream |  |
| **2nd Dessert** | Fruit Yogurt  Apple |  | Fruit Yogurt  Oranges |  | Fruit Yogurt  Banana |  | Fruit Yogurt  Pears |  | Fruit Yogurt  Grapes |  |
| **Other** | **Fresh Organic Bread, Fresh Fruit and Water are Available Daily**. | | | | | | | | | |
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