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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 ColeslawDiced Beetroot |  | Sweetcorn and Red PeppersDiced CucumberMixed Salad |  | Warldorf SaladColeslawTomato Basil |  | Carrot and RaisinsSliced CucumberMixed Salad |  |
| **Main Dessert** | Wholemeal Coconut Sponge Cake with Custard |  | Fruit Jelly |  | Shortbread |  | Banana Sponge Cake with Custard |  | Frozen Yogurt |  |
| **2nd Dessert** | Fruit and YogurtHoney Dew Melon |  | Fruit and YogurtBanana |  | Fruit and YogurtApple |  | Fruit and YogurtOrange |  | Fruit and YogurtGrapes |  |
| **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 BeetrootMixed SaladColeslaw |  | Tossed Mixed SaladPotatoes and Parsley SaladSliced Tomatoes |  | Cucumber and Cherry TomatoesMixed SaladColeslaw |  | Caesar SaladSliced CucumberMixed Leaf Salad |  | Carrots and RaisinsCherry 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 YogurtApples |  | Fruit YogurtGrapes |  | Fruit YogurtOranges |  | Fruit YogurtBananas |  | Fruit YogurtHoney 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 BeansSweetcorn |  | Roasted Root Vegetables  |  | Broccoli Mixed Vegetables |  | Mixed Vegetables |  | Peas  |  |
| **Salad Bar** | Tomato and BasilMixed SaladGreek Salad |  | Wholegrain Pasta SaladSweetcorn and Red Peppers Tossed Mixed Salad |  | Green Mixed SaladTomato Olives and BasilSliced Beetroot |  | Carrot and Cucumber SaladCouscousColeslaw |  | Mixed SaladTomatoesCucumber |  |
| **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 YogurtApple  |  | Fruit YogurtOranges |  | Fruit YogurtBanana  |  | Fruit YogurtPears  |  | Fruit YogurtGrapes |  |
| **Other**  | **Fresh Organic Bread, Fresh Fruit and Water are Available Daily**. |
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