

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Saucy Tomato and Chicken Pasta ① Fresh chicken pieces, onion and pepper slices baked in a sweet chilli and tomato pasta sauce	Roast Pork Meatballs Delicious homemade meatballs cooked in a creamy mushroom and herb sauce	Roast Lamb with Minty Stuffing Balls Seasonal roast lamb served with the trimmings	Beefy Lentil Curry ① Beef with some hidden veggies and lentils for added goodness cooked in a mild curry sauce	Cod in Batter Deep fried freshly battered cod served with chips
Vegetarian Option	Thyme Roasted Vegetable Cous Cous ② A selection of veggies and pulses mixed with fruity and herby flavoured cous cous	Cheesy Broccoli and Pasta Bake ① Broccoli and pasta with hidden chick peas for added zinc baked in a cheesy sauce	Quorn Tikka ① Really healthy Quorn and vegetables cooked in a tikka and mango chutney sauce	Veggie Fried Rice ① Mainly green veggies for folate goodness cooked in a Chinese stir fry sauce with rice	Cheese and Pepper Flan Sauteed mixed peppers baked in a cheese flan
Jacket Potato	Cheese, Ham and Peas	Tuna and Sweetcorn	Baked Beans with Cheese	Salmon and Cherry Tomato	Coleslaw
Vegetables	Broccoli ① Salad Sticks ①	Mixed Salad Pot ① Coleslaw ①	Mixed Veggies ②	Mixed Salad Pot ① Salad Sticks ①	Peas ① Sweetcorn ①
Carbohydrate	Garlic Bread Cous Cous	Spaghetti Crusty Bread	Roast Potatoes Rice	Rice Poppadom	Chips New Potatoes
Wholemeal Bread will be available at Lunch Times					
Sweet Choice 1	Pear Sponge with Custard ①	Apple Pie with Custard ①	Mandarin Jelly with Fudge Yoghurt ①	Banana Loaf with Custard ①	Mini Chocolate Brownies with Orange Wedges ①
Sweet Choice 2	Fresh Fruit ① & Yoghurts	Fresh Fruit ① & Yoghurts	Fresh Fruit ① & Yoghurts	Fresh Fruit ① & Yoghurts	Fresh Fruit ① & Yoghurts