

LUNCH

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken and coconut curry with jasmine rice and green beans	Homemade pork patties with mash potato and peas	Tuna and parsley cakes with thick cut chips and peas	Ricotta and spinach crepes with carrots	Pizza Margherita with wedges and peas
MEAT FREE	Tofu and vegetables coconut curry with jasmine rice and green beans	Mushrooms and tarragon sausages with mash potato and peas	Aubergine "meatballs" in tomato sauce with thick cut chips and peas	Ricotta and spinach crepes with carrots	Pizza Margherita with wedges and peas
EVERY DAY	Pasta with tomato sauce and jacket potatoes				
AFTERNOON TEA	Selection of sandwiches and crudités	Pasta with broccoli pesto	Sweet potato and cheese pancakes	Vegetables and tofu noodles	Sweet potato and cheese pancakes

LUNCH

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Smoked paprika chicken thighs with brown rice and sweet corn	Sweet chili pork rice noodles with Chinese sautéed vegetables	Lemon chicken breast with rice and mangetout	Beef baked pasticcio with steamed kale and cabbage	Chicken koftas with roasted potatoes and broccoli
MEAT FREE	Roasted vegetable and mozzarella patty with brown rice and sweet corn	Sweet chili tofu rice noodles with Chinese sautéed vegetables	Roasted cheesy cauliflower with rice and mangetout	Lasagne alla Genovese with green beans and potato.	Cannellini falafels with roasted potatoes and broccoli
EVERY DAY	Pasta with tomato sauce and jacket potatoes				
AFTERNOON TEA	Vegetables and tofu noodles	Selection of sandwiches and crudités	Jacket potato with homemade baked beans, cheese and tuna mayo	Jacket potato with homemade baked beans, cheese and tuna mayo	Cheese and tomato pastry

LUNCH

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken and egg fried rice with broccoli and carrots	Pulled pork ribs with roasted potatoes and green beans	Lamb and butter beans casserole with roasted parsnips and butternut squash	BBQ roasted chicken with carrots and mangetout	Homemade Fish Goujons, chips and peas
MEAT FREE	Smoked tofu fried rice with broccoli and carrots	Stuffed Portobello mushrooms with roasted potatoes and green beans	Five beans pie with roasted parsnips and butternut squash	BBQ aubergine with carrots and mangetout	Homemade Courgettes and asparagus cakes with chips and peas
EVERY DAY	Pasta with tomato sauce and jacket potatoes				
AFTERNOON TEA	Jacket potato with homemade baked beans, cheese and tuna mayo	Cheese and tomato pastry	Vegetables and tofu noodles	Selection of sandwiches and crudités	Pasta with tomato sauce and spinach