

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Creamy garlic and lemon chicken with brown rice and vegetable panache	Homemade pork patties with mash potato and peas	Mac and cauliflower cheese with steamed broccoli	Stir fry chicken rice noodles with green beans	Wholemeal Pizza Margherita with wedges and peas
MEAT FREE	Bubble and squeak with fried egg, brown rice and vegetable panache	Planted based Cumberland sausages with mash potato and peas	Mac and cauliflower cheese with steamed broccoli	Stir fry rice tofu and mushroom noodles with green beans	Wholemeal Pizza Margherita with wedges and peas
AFTERNOON TEA	Selection of wholegrain sandwiches and crudités	Giant cous cous with roasted vegetables and boiled eggs	Jacket potato with homemade baked beans, cheese and tuna mayo	Cheddar and roasted pepper muffins	Spinach and cheese pancakes

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken fried rice with green beans	Traditional cottage pie with peas and gravy	Pulled pork with sweet corn and roasted potatoes	Refried beans and cheese wholemeal enchiladas with brown rice and sweet potato	Homemade Fish Goujons, chips and peas
MEAT FREE	Egg fried rice with green beans	Leek and green lentil pie with peas and gravy	Pulled mushrooms and smoked scamorza with sweet corn and roasted potatoes	Refried beans and cheese enchiladas with brown rice and sweet potato	Chard, parmesan frittata with chips and peas
AFTERNOON TEA	Jacket potato with homemade baked beans, cheese and tuna mayo	Selection of wholegrain sandwiches and crudités	Vegetables and tofu noodles	Cheese and tomato pastry	Pumpkin lasagne

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Rosemary and thyme roasted chicken with new potatoes and green beans	Hungarian pork goulash with mash potato and cabbage	Beef lasagne with broccoli and cauliflower	Chicken and leek pie with roasted parsnip and carrots	Cheese and spinach loaf with chips and peas
MEAT FREE	Courgettes and cheese patties with new potato and green beans	Hungarian mushroom and butter beans goulash with mash potato and cabbage	Lentil and spinach lasagne with broccoli and cauliflower	Cauliflower and cheddar pie with roasted parsnip and carrots	Cheese and spinach loaf with chips and peas
AFTERNOON TEA	Vegetables and tofu noodles	Sweet potato and peas pasties	Selection of wholegrain sandwiches and crudités	Jacket potato with homemade baked beans, cheese and tuna mayo	Wholegrain pasta with tomato sauce