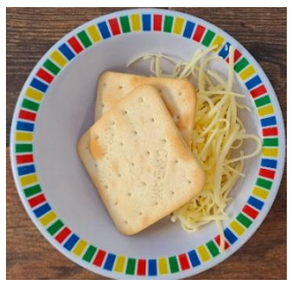
WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Beetroot and Lentil Burger in a Bun with Potato Wedges	Beef Lasagne with Garlic Bread	Roast Chicken, Stuffing, Roast Potatoes & Gravy	Chicken Tikka Masala with Rice	Fish Fingers or Salmon Fish Fingers with Chips & Ketchup
OPTION 2	Soya Mince Lasagne	Plant Balls in Tomato Sauce with Rice	Vegetable Wellington, Roast Potatoes & Gravy	Quorn and Lentil Tikka Masala with Rice	Cheese & Bean Pasty with Chips & Tomato Ketchup
DESSERT	Cheese and Crackers 	Apple Cake with Custard	Fruit Medley	Jelly with Mandarins	Syrup Sponge with Custard

*VEGETABLES AND SIDES MAY DIFFER THAN THOSE SHOWN

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WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese and Tomato Pizza with Wedges	Spaghetti Bolognaise	BBQ Chicken, Seasoned Potatoes and Sweetcorn Salsa	Chicken and Sweetcorn Meatballs in Tomato Sauce with Rice	Battered Fish with Chips & Tomato Ketchup
OPTION 2	Five Bean Chilli and Rice	Vegan Spaghetti Bolognaise	Lemon and Herb Quorn, Seasoned Potatoes and Sweetcorn Salsa	Creamy Chickpea and Coconut Curry with Rice	Cheese Whirl with Chips & Tomato Ketchup
DESSERT	Gingerbread Cookie	Chocolate and Beetroot Brownie with Chocolate Sauce	Fruit Salad	Sticky Toffee Apple Crumble with Custard	Vanilla Shortbread

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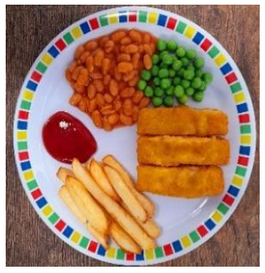
WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Macaroni Cheese	Chicken Enchilada Bake with Paprika Wedges	Pork or Chicken Sausage, Roast Potatoes & Gravy	Mild Caribbean Chicken with Golden Rice	Fish Fingers with Chips & Tomato Ketchup 
OPTION 2	Mexican Bean Roll with New Potatoes	Tomato Pasta	Vegan Sausages, Roasted Potatoes & Gravy	Caribbean Stew with Golden Rice	Red Pepper Frittata with Chips & Tomato Ketchup
DESSERT	Oaty Cookie	Pear Crumble with Custard	Fruit Salad	Jamaican Ginger Cake with Custard	Iced Sponge

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