|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK 1** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main meal** | Chicken Korma served with rice | Spaghetti Carbonara with smoked bacon | Roast loin of pork with Yorkshire pudding and gravy | Sticky chicken rice pots | Breaded chickenBattered fish fillet |
| **Vegetarian**  | Open Brie and mushroom tart | Burmese rice(curry, tomato and cheese)  | Shicken tikka kebab skewer with salad | Roasted vegetable lasagne | Sweet and sour vegetables  |
| **Potato/vegetable** | Broccoli | Garden peas | Roast potatoesCarrotsSprouts | Roasted new potatoesSweetcorn | ChipsBaked beans |
| **Dessert** | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruit | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruitApple crumble & custard | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruitCookies | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruitSponge cake with buttercream | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruit |
| **Grab and go** | Pizza quesadillasPasta potsSandwiches/wrapsbaguettes |  Beef chilli loaded nachosPasta potsSandwiches/wrapsbaguettes | Chicken burger in a bunPasta potsSandwiches/wrapsbaguettes | PaninisPasta potsSandwiches/wrapsbaguettes | Pasta potsSandwiches/wrapsbaguettes |

****