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| **WEEK 2** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main meal** | Lemon herb peri peri chicken with vegetable rice | Pie and mash with gravy | Roast gammon with Yorkshire pudding and gravy | Chicken chow mein | Breaded chickenBattered fish fillet |
| **Vegetarian**  | Chickpea and roasted squash curry with rice | Spinach and cheese quiche  | Sweet potato loaded wedges | Ratatouille with cheesey mash top | Halloumi in a burger bun |
| **Potato/vegetable** | Broccoli | Green beans | Roast potatoesCarrotsSprouts | Broccoli | ChipsBaked beans |
| **Dessert** | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruit | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruitSticky toffee pudding with custard | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruitShortbread | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruitStrawberry delight | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruit |
| **Grab and go** | Salsa and cheese nachosPasta potsSandwiches/wraps |  Open lamb doner on pitta with tomato and onionPasta potsSandwiches/wraps | PizzinisPasta potsSandwiches/wraps | PaninisPasta potsSandwiches/wraps | Pasta potsSandwiches/wraps |

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