

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Main meal</b>	Curry & rice	Burger day	Roast day	Cottage pie- week 1 Lasagne – week 2 Pasta bolognese – week 3	Breaded chicken
<b>Vegetarian week 1</b>	Tomato & pesto pasta bake	Bruschetta (tomato, onion, garlic, courgette)	Roast cauliflower steak with brie & rosemary	Quorn & pepper hotpot	Spinach madelaine tart
<b>week 2</b>	Macaroni cheese	Roasted veg layer	Cajun sweet potato with chickpeas	Vegan shepherds pie	Courgette slice
<b>week 3</b>	Roasted squash with caramelised onion	Steamed cous cous with vegetables	Cauliflower cheese flan	Sweet potato, pepper & butterbean tikka	Pan fried halloumi
<b>Potato/vegetable</b>		Diced potatoes Baked beans	Roast potatoes Carrots		Chips Baked beans
<b>Grab &amp; go</b>	Pizza Sandwiches	Pasta bar Sandwiches	Panninis Sandwiches	Hotdogs Sandwiches	Sandwiches