

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|--|--|--|--|
| Main meal | Chicken Korma with rice | Chicken burgers in a bun | Roast pork with Yorkshire puddings & gravy | Beef lasagne | Breaded chicken Battered cod fillet |
| Vegetarian | Vegetable & chickpea pilaf | Red lentil & ragu pasta bake | Vegetable tikka biriyani | Cheese, tomato & onion slice in puff pastry | Quorn & Chinese vegetable stir fry |
| Potato/vegetable | Sweetcorn | Spicy wedges Baked beans | Roast potatoes Carrots Sprouts | ½ jacket potato Broccoli | Chips Baked beans |
| Dessert | Assorted pots: Jelly, fresh fruit, mousse, cheesecake, granola Cheese & crackers Fresh fruit Flapjacks | Assorted pots: Jelly, fresh fruit, mousse, cheesecake, granola Cheese & crackers Fresh fruit Hot dessert & custard | Assorted pots: Jelly, fresh fruit, mousse, cheesecake, granola Cheese & crackers Fresh fruit Chocolate cookies | Assorted pots: Jelly, fresh fruit, mousse, cheesecake, granola Cheese & crackers Fresh fruit Hot dessert & custard | Assorted pots: Jelly, fresh fruit, mousse, cheesecake, granola Cheese & crackers Fresh fruit Jam doughnuts |
| Grab & go | Cheese & tomato pizza Pasta bar Sandwiches /wraps baguettes | Cheesy potato waffle Pasta bar Sandwiches /wraps baguettes | Panninis Pasta pots Sandwiches /wraps baguettes | Hot chicken wrap (½ chicken fillet) Pasta bar Sandwiches /wraps baguettes | Pasta pots Sandwiches /wraps baguettes |

