

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Chicken in Jerk Seasoning with Rice and Peas	Sausages in a Yorkshire Pudding with Gravy	Roast Chicken with Yorkshire Pudding and Gravy	Spaghetti Carbonara with Smoked Bacon	Breaded Chicken Battered Fish Fillet
Vegetarian	Vegetable Chow Mein	Ratatouille Orzo	Roast Vegetable Quiche	Vegetable Tortilla Gateau	Halloumi in a Burger Bun
Potato/Vegetable	Sweetcorn	Mash Potato Green beans	Roast Potatoes Carrots Sprouts	Seasoned Potatoes Broccoli	Chips Baked Beans
Dessert	Assorted pots: Jelly, Fresh Fruit, Granola Cheese and crackers Fresh Fruit Shortbread Biscuits	Assorted pots: Jelly, Fresh Fruit, Granola Cheese and Crackers Fresh Fruit Apple Crumble and Custard	Assorted pots: Jelly, Fresh Fruit, Granola Cheese and Crackers Fresh Fruit Flapjacks	Assorted pots: Jelly, Fresh Fruit, Granola Cheese and Crackers Fresh Fruit Treacle Tart with Custard	Assorted pots: Jelly, Fresh Fruit, Granola Cheese and Crackers Fresh Fruit Blondie
Grab and Go	Cheese and Tomato Pizza Pasta Pots Sandwiches/Wraps Baguettes	Hoisin Chicken Noodle Pot Pasta Pots Sandwiches/Wraps Baguettes	Hotdogs in a Bun Pasta Pots Sandwiches /wraps Baguettes	Paninis Pasta Pots Sandwiches/Wraps Baguettes	Pasta Pots Sandwiches/Wraps Baguettes

