

<b>WEEK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Main meal</b>	Plant based Kofta in pitta bread	Cottage pie with hidden veg	Roast gammon with Yorkshire puds & gravy	Jerk chicken thighs with rice & peas	Breaded chicken Battered cod
<b>Vegetarian</b>	Macaroni cheese	Sweet & sour veg with rice	Quorn chiqin southern fried wings BBQ sauce	Cheese & tomato quiche	Courgette, cauliflower & butternut tagine
<b>Potato/vegetable</b>	Broccoli	Sliced green beans	Roast potatoes Carrots	Sweetcorn	Chips Baked beans Garden peas
<b>Dessert</b>	Cookies Chocolate oat cake	Hot apple slice & custard Brownie	Jam doughnut Flapjack	Hot apple crumble & custard Brownie	Blondie Rice krispie cake
<b>Grab &amp; go</b>	Pizzini  Pasta & sauce  Sandwiches Baguettes	Teriyaki chicken wraps  Pasta & sauce  Sandwiches Baguettes	Half jacket stuffed with cheese, onion & herbs  Pasta & sauce  Sandwiches Baguettes	Jumbo sausage baguette  Pasta & sauce  Sandwiches Baguettes	  Pasta & sauce  Sandwiches Baguettes

