

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Plant based tikka masala served with rice	Sausages with root veg mash & gravy	Roast chicken with Yorkshire puds & gravy	Chicken burgers	Breaded chicken Battered cod
Vegetarian	Potato, leek & cheese layer bake	Courgette, tomato & basil tart (crumb top)	Cheese omelette	Sweet potato, aubergine & spinach moussaka	Lentil & chickpea dhansak
Potato/vegetable	Sweetcorn	Broccoli	Roast potatoes Carrots	Spicy wedges Baked beans	Chips Baked beans Garden peas
Dessert	Cookies Chocolate oat cake	Hot apple slice & custard Brownie	Cookies Flapjack	Hot apple crumble & custard Brownie	Blondie Rice krispie cake
Grab & go	Cheese & tomato Pizza Pasta & sauce Sandwiches Baguettes	Chicken Mukhani wraps Pasta & sauce Sandwiches Baguettes	Panninis Pasta & sauce Sandwiches Baguettes	Yorkini (filled with chicken, roast potato & veg) Pasta & sauce Sandwiches Baguettes	 Pasta & sauce Sandwiches Baguettes



