

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Chicken Biryani	Chicken burger Beef burger	Roast chicken	Beef meatballs in tomato sauce	Breaded chicken Battered cod
Vegetarian	Vegetable chow mein		Spinach & cheese quiche	Roasted squash pasta bake	Enchilada pie
Potato/vegetable	Green beans	Curly fries Baked beans	Roast potatoes Carrots	Spaghetti Sweetcorn	Chips Baked beans Garden peas
Dessert					
Grab & go	Pizza Sandwiches Baguettes	Vegetable quesadillas Sandwiches Baguettes	Panninis Sandwiches Baguettes	Hotdogs Sandwiches Baguettes	 Sandwiches Baguettes