

		<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
Monday	Lunch	Vegetable and lentil stew with brown rice Yoghurt	Vegetable curry and couscous Selection of fruits	Vegetable chow mein (egg noodles) Date & apple wholemeal sponge
	Tea	Cream of tomato soup with roasted sweet potato wedges Fruit scones	Beef sausages in buns with tomato and cucumber wedges Vegetarian sausages in buns with tomato and cucumber wedges Yoghurt	Jacket potatoes with baked beans, tuna mayo and/or cheese Melon and pineapple
Tuesday	Lunch	Tuna pasta bake with peas Vegetable pasta bake with beans and peas Fruit salad	Mac & cheese bake with steamed broccoli and cauliflower Stewed apple and sultanas with cream Spanish omelette	Lamb curry with basmati rice Vegetable curry with basmati rice Bread pudding
	Tea	Meatballs and tortilla with iceberg lettuce Vegetables in tomato sauce and tortilla with iceberg lettuce Fruit yoghurt	Natural yoghurt with honey and blueberries	Vegetable frittata with wholemeal thins Orange and pears
Wednesday	Lunch	Shepherd's pie with steamed carrots Quorn shepherd's pie with steamed carrots Natural yoghurt with honey	Fish pie with mash and vegetables Lentil and vegetable pie with mash & veg Yoghurt	Spaghetti bolognese with cheese and peas Vegetarian spaghetti bolognese with cheese and vegetables Fresh fruits
	Tea	Fish fingers and mushy peas with muffins Vegetarian fingers and mushy peas with muffins Fresh fruit selection	Mixed veg soup with bread Cheese with apple slices	Carrot and coriander soup with crumpets Homemade shortbread
Thursday	Lunch	Beef burgers in wholemeal rolls with cucumber and tomato salad Vegetarian burger in rolls with tomato and cucumber salad Cheesecake	Lasagne with green beans Vegetable lasagne and green beans Natural yoghurt with honey	Thai green fish curry with basmati rice Thai green lentil curry with basmati rice Natural yoghurt with toasted oats and honey
	Tea	Potato wedges and baked beans with cucumber chunks Natural yoghurt and fruits	Vegetable egg fried rice Wholemeal biscuit	Vegetable and tomato pasta with grated cheddar Fruit salad
Friday	Lunch	Fish and vegetable stew with new potatoes Mixed bean and vegetable stew with new potatoes Apple crumble and custard	Chilli con carne, rice and steamed carrots and broccoli Lentil and vegetable sauce, rice and steamed carrots and broccoli Natural yoghurt with raspberry coulis	Sausage and mash with vegetables Vegetarian sausage and mash with vegetables Fruit platter
	Tea	Pasta pesto with cucumber and cheese chunks Fruit platter	Margherita pizza with sweetcorn Lemon sponge	Cheese on wholemeal bread with baked beans and sweetcorn Yoghurts