

April 2022		Week 1	Week 2	Week 3
Monday	Lunch	Sweet Potato and chickpea curry with cucumber salad served with brown rice Natural yoghurt	Vegetarian lasagne served with broccoli Selection of fruits	Mac & cheese bake with steamed broccoli and cauliflower Date & apple wholemeal sponge
	Tea	Rice salad Banana bread	Vegetarian risotto Yoghurt	Jacket potatoes with baked beans, tuna mayo and cheese Flan
Tuesday	Lunch	Tuna pasta bake and peas Vegetable and bean pasta bake with peas Banana and custard	Cod in tomato sauce with rice and peas Vegetable ragu with new potatoes Stewed apple and sultanas with cream	Lamb curry with basmati rice Vegetable curry with basmati rice Greek yoghurt with mango puree
	Tea	Lamb Kofte with pita bread and Greek salad Vegetarian sausages with pita bread and Greek salad Fruit scones	Vegetable and tomato pasta with grated cheddar Natural yoghurt with bananas	Pita pockets Carrot cake
Wednesday	Lunch	Shepherd's pie with steamed carrots Vegetarian shepherd's pie with steamed carrots Natural yoghurt with honey	Spaghetti bolognese with cheese and green beans Vegetarian spaghetti Bolognese with cheese and vegetables Poached pear with cinnamon, orange zest served with vanilla ice-cream	Baked Salmon with a teriyaki glaze served with egg noodles and greens Vegetarian fingers with egg noodles and greens Natural yoghurt
	Tea	Fish cakes with muffins and cherry tomatoes Vegetarian fingers with muffins and cherry tomatoes Fresh fruit selection	Selection of sandwiches Bread and butter pudding	Falafel with pita bread and yoghurt Fresh fruits
Thursday	Lunch	Tagliatelle pasta with flaked haddock in a tomato sauce and greens Tagliatelle pasta with vegetables and tomato Natural yoghurt with honey	Fish pie with green beans Lentil and vegetable pie with green beans Cheesecake	Thai fish curry with basmati rice and greens Vegetable curry with basmati rice Natural yoghurt with toasted oats and honey
	Tea	Gnocchi with tomato sauce served with peas Fruit salad	Sweet potato wedges with baked beans and cucumber sticks Natural yoghurt with mixed berries	Couscous with peas, sweetcorn, broccoli and tomatoes Fruit salad
Friday	Lunch	Meatballs and bean casserole served with couscous Mixed bean and vegetable casserole served couscous Apple crumble and custard	Chilli con carne, rice with steamed carrots and broccoli Lentil and vegetable sauce, rice with steamed carrots and broccoli Natural yoghurt with raspberry coulis	Beef burgers in wholemeal rolls with cheese and home made tomato sauce. Served with lettuce Vegetarian burger in rolls with cheese and tomato slices Fruit platter
	Tea	Potato salad with roasted vegetables Fruit platter	Margherita pizza served with sweetcorn and peas Lemon sponge	Mini pizza served with cucumber sticks Yoghurt

