

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL ONE	Chicken-Nuggets with Baked Jacket Wedges	Shepherd's Pie	Roast Turkey with Roast Potatoes	Chicken Enchiladas	Kheema Matar with Chapatti & Yoghurt
MEAL TWO	Crunchy Topped Fish	Tuna Puffs with Mashed Potatoes	Cheesy Salmon and Pasta Bake	Fish Cobbler	2 Home Made Fish Cakes
MEAL THREE (V)	Tortillas with Roasted Vegetables	Jacket Potato with Cheese & Baked Beans	Cheese Vegetable Bake	Cheese and Tomato Pizza	Roasted Vegetable Lasagne
VEGETABLES	Baked Beans Peas	Cauliflower Sweetcorn	Cabbage Carrots	Broccoli Peas	Sweetcorn Green Beans
DESSERT	Fruit Crumble with Custard	Iced Sponge	Frozen Yoghurt	Peach Charlotte with Custard	Fresh Fruit Salad
WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL ONE	Barbecue Chicken with Baked Jacket Wedges	Lasagne	Chicken Pie with Mashed potatoes	Roast Beef with Roast Potatoes	Marinated Chicken with Pitta Bread
MEAL TWO	Fish Plait with Baked Jacket Wedges	Salmon and Tomato Ciabatta	Cod Fillet Fish Fingers with Creamed Potatoes	Tuna Spaghetti	Fish Pie
MEAL THREE (V)	Macaroni Cheese	Aloo Gobi, Chappati and Yoghurt	Moroccan Vegetables with Cous Cous	Potato and Leek Roll	Cheese and Tomato Pizza
VEGETABLES	Peas Carrots	Broccoli Sweetcorn	Baked Beans Cabbage	Carrot & Swede Mash Peas	Sweetcorn Broccoli
DESSERT	Frozen Fruit Smoothie	Rice Pudding with Sultanas	Lemon Drizzle Cake with Custard	Butterscotch Tart	Fruit Jelly with Shortbread Biscuit
WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL ONE	Spaghetti with Meatballs	Chicken Tikka Masala with Basmati Rice	Minced Lamb Pie & Mash	Roast Turkey with Roast Potatoes	Chicken Sausages with Creamed Potatoes
MEAL TWO	Jacket Potato with Tuna & Sweetcorn	Fish in Cheese Sauce with Jacket Wedges	Tuna and Pasta Bake	Fish with Crispy Cheese Topping & Creamed Potatoes	Cheesy Fish Parcels with Creamed Potatoes
MEAL THREE (V)	Tortilla Wrap with Cheese & Coleslaw	Sweet and Sour Quorn Sausages with Baked Jacket Wedges	Cheese & Tomato Pizza	Mediterranean Vegetable & Quorn Pie	Vegetable Chow Mein
VEGETABLES	Sweetcorn Broccoli	Carrot & Swede Mash Peas	Baked Beans Peas	Carrots Cabbage	Baked Beans Broccoli
DESSERT	Frozen Yoghurt	Rhubarb Crumble with Custard	Carrot Cake	Fresh Fruit Salad	Fruit Slice with Custard
WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL ONE	Jacket Potato with Savoury Mince	Chicken Casserole with Dumplings & Creamed Potatoes	Stir-Fried Chicken with Noodles	Roast Beef with Roast Potatoes	Moroccan Lamb with Cous Cous
MEAL TWO	Fish Tart with Baked Jacket Wedges	Cod Fillet Fish Fingers with Creamed Potatoes	Tortilla Wrap with Tuna & Cucumber	Fish Potato and Spinach Bake	Salmon Quiche with Creamed Potatoes
MEAL THREE (V)	Pasta with Tomato Sauce	Dhal or Vegetable Curry with Basmati Rice	Roasted Vegetable Strudel with New Potatoes	Broccoli and Pasta Bake	Cheese and Tomato Pizza
VEGETABLES	Spring Greens Peas	Sweetcorn Carrots	Broccoli Sweetcorn	Cabbage Carrots	Baked Beans Peas
DESSERT	Fruit Ice Cream	Dutch Apple Cake with Custard	Rice Pudding with Sultanas	Chocolate Sponge with Chocolate Sauce	Oat Cookie with Milk or Fruit Juice