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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Cowboy pasta (Sausage, beans, Bacon)	Burritos with Baked Wedges	Roast Gammon with Potatoes and Gravy	Sweet and Sour Pork with Noodles	Fish and Chips
Vegetarian Main Meal	Salmon and Cod Fish Fingers	Margherita Pizza with Baked Wedges	Mixed Bean and Vegetable Tagine	Chickpea, Squash and Spinach Curry	Veggie Burger with Chips
Seasonal Vegetable	Broccoli & Cauliflower	Carrots and Garden Salad	Veg Medley	Garden Peas	Baked Beans
Jacket Potatoes	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo
Pick and Mix	Ham or Cheese Sandwich	Turkey or Tuna Sandwich	Chicken or Egg Mayo Sandwich	Ham or Cheese sandwich	Tikka mayo or Cheese and Tomato sandwich
Pudding	Blueberry Muffin and Yogurt	Orange Mandarin Jelly	Fruit Yoghurt	Banana Flapjack with Custard	Chocolate Beetroot Cake and Custard