



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	Fish cakes, wedges, baked beans, salad	(Not) Chilli con carne, rice and peas	Chicken with Cous cous and broccoli	Pasta Neopolitan	Tortilla Hotdogs with salad
<b>Protein</b>	Fish cakes, baked bean	Mince meat	Chicken	Cheese / Ham	Sausages
<b>Carbohydrate</b>	Potato wedges	Rice	Cous cous	Pasta	Tortilla wraps
<b>Vegetables</b>	Salad	Tomato sauce with hidden vegetables. Peas	broccoli	Tomato sauce with hidden vegetables	Salad
<b>Vegetarian Option</b>	Vegetable finger bakes	Soya mince	Quorn chicken		Vegetarian sausages
<b>Other</b>					
<b>Dessert</b>	Ice cream	Jam Sponge	Banana custard	Fresh fruit salad	Greek yoghurt with fruit puree

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	Sausages, rice, mixed vegetables	Fajitas with vegetables	Spaghetti bolognaise	Jacket potato with choice of filling, salad	Fish cakes, cous cous, mixed vegetables
<b>Protein</b>	Sausages	Chicken	Mince meat	Cheese / Ham / baked beans	Fish cakes
<b>Carbohydrate</b>	Rice	Tortilla wraps	Spaghetti	Potato	Cous cous
<b>Vegetables</b>	Mixed vegetables	Sweetcorn	Hidden vegetables in tomato sauce	Salad	Mixed vegetables
<b>Vegetarian Option</b>	Vegetarian sausages	Quorn Chicken	Soya Mince		Vegetable finger bakes
<b>Other</b>		Greek yoghurt			
<b>Dessert</b>	Banana custard	Ice cream	Fresh fruit salad	Greek yoghurt with fruit puree	Jam sponge

Fresh fruit is always available as an alternative dessert if children wish to have it