

		Week 1	Week 2	Week 3
Monday	Lunch	Vegetable and lentil stew with brown rice 1 Yoghurt 7	Vegetable curry and couscous 1 2 Selection of fruits	Vegetable chow mein 1 2 4 Date & apple wholemeal sponge 2 4 7
	Tea	Soup with roasted sweet potatoes wedges Fruit scones 4 6 7	Beef sausages in buns with tomato wedges and cucumber sticks 6 Vegetarian sausages in buns with tomato and cucumber sticks Yoghurt 7	Jacket potatoes with baked beans, tuna mayo and/or cheese 4 7 Melon and pineapple
Tuesday	Lunch	Tuna pasta bake with peas 2 5 7 Vegetable pasta bake with peas 1 2 Fruit salad	Mac & cheese bake & salad 6 7 Stewed apple and sultanas with cream 7	Lamb curry with basmati rice 1 Vegetable curry with basmati rice Bread pudding 2 7 4
	Tea	Meatballs and tortilla with iceberg lettuce Vegetables in tomato sauce and tortilla with iceberg lettuce 2 Yoghurt 7	Root vegetables and potato pie 1 Natural yoghurt with blueberries 7	Vegetable frittata 4 Orange and pears
Wednesday	Lunch	Shepherds pie with steamed carrots 7 Cauliflower and broccoli pie with steamed carrots Natural yoghurt with honey and sunflower seeds 7	Fish pie and mash with steamed vegetables 5 7 Vegetable pie and mash with steamed vegetables 1 Yoghurt 7	Spaghetti bolognese with cheese and steamed vegetables 1 2 7 Vegetable stew with cheese and steamed vegetables 1 2 7 Fresh fruits
	Tea	Fish fingers and mushy peas with muffins 5 Fresh fruit selection	Pea and mint soup with bread 7 Cheese with apple slices and grapes 7	Soup and crumpets with cheese and pepper sticks 1 2 7 Homemade shortbread 2 7
Thursday	Lunch	Burgers in wholemeal rolls with cucumber and tomato slices 2 6 Veggie burger in wholemeal rolls with cucumber and tomato slices 2 6 Avocado and coconut cheese cake 7	Lasagne with green beans 1 2 7 Vegetable lasagne with green beans 1 2 7 Natural yoghurt with honey 7	Thai green fish curry with basmati rice 1 Thai green vegetable curry with basmati rice 1 Natural yoghurt with toasted oats and honey 2 7
	Tea	Roasted potatoes wedges and baked beans with cucumber chunks Natural yoghurt and fruits 7	Vegetable and egg fried rice 4 Sunflower seed wholemeal biscuits 6 Pineapple & melon	Vegetable and tomato pasta 2 Fruit salad
Friday	Lunch	Fish and vegetable stew with new potatoes 5 1 Mixed beans and vegetable stew with new potatoes Apple crumble & custard 2 6 7	Chilli con carne with rice and broccoli 1 Vegetable chilli con carne with broccoli 1 Natural yoghurt with forest fruit coulis 7	Sausage and mash with steamed vegetables 7 Vegetable sausages and mash with steamed vegetables 7 Fruit platter
	Tea	Pasta pesto and cucumber with cheese chunks 2 7 Fruit platter	Margherita pizza with buttered steamed 7 sweet corn 2 6 7 Lemon sponge 4 7	Cheese on wholemeal toast with baked beans and steamed sweet corn 2 7 13 Yoghurts 7

Allergen Information

1. Celery
2. Gluten
4. Eggs

5. Fish
6. Lupin
7. Milk

13. Soy