

	Week 1		Week 2		Week 3	
	Lunch	High Tea	Lunch	High Tea	Lunch	High Tea
Monday	Butternut Sweet Potato Risotto with Green Salad	Cheesy Egg Muffins with Crudites and Fruit	Fish in Parsley Sauce with Creamed Potatoes, Broccoli and Carrots	Breakfast Burrito – Sausage, Bean and Scrambled Eggs with Crudites and Fruit	Hidden Veg with Beef Spaghetti Bolognese	Homemade Veg Soup with Fruit
Tuesday	Turkey Chilli Con Carne with Veg Rice and Cheesy Nachos	Tomato and Cheese Enchiladas with Mixed Salad and Fruit	Mexican Pork with New Potatoes, Carrot Batons and Sweetcorn	Salmon and Cream Cheese Pinwheels with Crudites and Fruit	Turkey and Apple Casserole with Cheesy Mash	Baked Beans and Cheese on Toast
Wednesday	Roast Pork, Potatoes, Cauliflower Cheese and Carrots	Jacket Potatoes with Tuna and Sweetcorn	Chicken and Chorizo Pasta Bake with Garlic Bread and Salad	Cheese and Ham Toasties with Mixed Salad and Fruit	Toad in the Hole in Onion Gravy with Creamed Potatoes, Broccoli and	Chicken Goujon Wraps with Salad and Fruit

					Carrots	
Thursday	Salmon and Haddock Pie with Potato Wedges, Peas and Carrots	Fish Finger Sandwiches with Cucumber and Carrot Sticks	Minced Beef and Onion Cobbler with Potatoes, Cabbage and Peas	Make Your Own Pitta Pizza's	Chicken and Veg Mulligatawny with Rice and Mixed Veg	Homemade Sausage Platt Spaghetti
Friday	Beef and Veg Stew with Dumplings and Roast Potatoes	Selection of Sandwiches with Salad and Fruit	Chickpea and Veg Biryani with Naan Bread	Tuna and Sweetcorn Pasta Bake with Garlic Bread, Cucumber Sticks and Fruit	Roast Chicken Dinner with Roast Potatoes, Carrots and Peas	Cheese and Tomato Wraps with Salad and Fruit