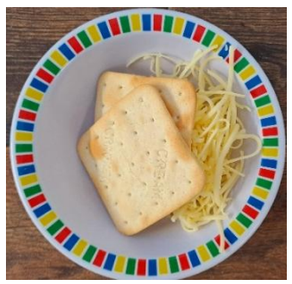
WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Beetroot and Lentil Burger in a Bun with Potato Wedges 	Beef Lasagne with Garlic Bread 	Roast Chicken, Stuffing, Roast Potatoes & Gravy 	Chicken Tikka Masala with Rice 	Fish Fingers or Salmon Fish Fingers with Chips & Ketchup 
OPTION 2	Soya Mince Lasagne	Plant Balls in Tomato Sauce with Rice	Vegetable Wellington, Roast Potatoes & Gravy 	Quorn and Lentil Tikka Masala with Rice 	Cheese & Bean Pasty with Chips & Tomato Ketchup 
DESSERT	Cheese and Crackers 	Apple Cake 	Fruit Medley 	Jelly with Mandarins 	Syrup Sponge 

*VEGETABLES AND SIDES MAY DIFFER THAN THOSE SHOWN

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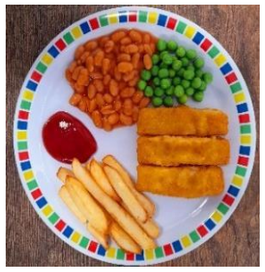
WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese and Tomato Pizza with Wedges 	Spaghetti Bolognaise 	BBQ Chicken, Seasoned Potatoes and Sweetcorn Salsa 	Chicken and Sweetcorn Meatballs in Tomato Sauce with Rice 	Battered Fish with Chips & Tomato Ketchup 
OPTION 2	Five Bean Chilli and Rice 	Vegan Spaghetti Bolognaise 	Lemon and Herb Quorn, Seasoned Potatoes and Sweetcorn Salsa 	Creamy Chickpea and Coconut Curry with Rice 	Cheese Whirl with Chips & Tomato Ketchup 
DESSERT	Gingerbread Cookie 	Chocolate and Beetroot Brownie 	Fruit Salad 	Sticky Toffee Apple Crumble with Custard 	Vanilla Shortbread 

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WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Macaroni Cheese 	Chicken Quesadilla with Paprika Wedges 	Pork or Chicken Sausage, Roast Potatoes & Gravy 	Mild Caribbean Chicken with Golden Rice 	Fish Fingers with Chips & Tomato Ketchup 
OPTION 2	Mexican Bean Roll with New Potatoes 	Tomato Pasta 	Vegan Sausages, Roasted Potatoes & Gravy 	Caribbean Stew with Golden Rice 	Red Pepper Frittata with Chips & Tomato Ketchup 
DESSERT	Oaty Cookie 	Pear Crumble with Custard 	Fruit Salad 	Jamaican Ginger Cake with Custard 	Iced Sponge 

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