

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAL 1</b>	CHILLI (WITH KIDNEY BEANS AND PEPPERS) + RICE	CHICKEN AND LEEK PIE + CREAMED POTATO AND SWEETCORN	TOMATO & MARSCAPONE PASTA + BROCCOLI	ROAST BEEF & YORKSHIRE PUDDING + ROAST POTATOES, CARROT BATONS, CABBAGE, GRAVY	BATTERED FISH + CHUNKY CHIPS & PEAS
<b>MEAL 2</b>	CHEESY OMELETTE + DICED POTATOES AND BAKED BEANS	JACKET POTATO & TUNA MAYO + SALAD & COLESLAW	CHICKEN GOUJON WRAP + SALAD	TOMATO SOUP & SANDWICH	QUICHE LORRAINE + SALAD & COLESLAW
<b>DESSERT</b>	SHORTBREAD	RICE PUDDING	CHOCOLATE CAKE	FRUIT CRUMBLE & CUSTARD	BANANA SPLIT
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAL 1</b>	SWEET & SOUR PORK (WITH PEPPERS & PINEAPPLE) + RICE	MEAT & POTATO PIE + CABBAGE & CARROTS & GRAVY	MACARONI CHEESE + MIXED VEG	ROAST CHICKEN & STUFFING + ROAST POTATOES & CARROTS & SWEDE & GRAVY	FISH PIE + CARROTS & GREEN BEANS
<b>MEAL 2</b>	JACKET POTATO & CHEESE & BEANS	LEEK & POTATO SOUP & SANDWICH	CHICKEN & SALAD WRAP + WEDGES & COLESLAW	PITTA WITH EGG MAYO SANDWICH FILLER + CARROT STICKS & CUCUMBER STICKS	GAMMON & PINEAPPLE + CHIPS
<b>DESSERT</b>	JELLY	YOGHURT	LEMON SPONGE	FRUIT CRUMBLE & CUSTARD	FRESH FRUIT SALAD
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAL 1</b>	CHICKEN & CHICKPEA CURRY + RICE	COTTAGE PIE + CARROTS & SWEDE	SPAGHETTI CARBONARA + BROCCOLI	ROAST PORK & STUFFING + ROAST POTATOES, CARROTS, LEEKS, GRAVY	SMOKED HADDOCK FISHCAKES + NEW POTATOES & SWEETCORN, & PEAS
<b>MEAL 2</b>	PIZZA WITH VEG TOPPINGS + VEGETABLE STICKS	PLOUGHMANS LUNCH (CHEESE, HARD BOILED EGG, HAM) + CRUSTY BREAD & SALAD	JACKET POTATO WITH CHILLI + CORN ON THE COB	CHEESE & ONION QUICHE + SALAD & COLESLAW	PULLED PORK ON A BUN + WEDGES & BAKED BEANS
<b>DESSERT</b>	BANANAS & CUSTARD	VICTORIA SPONGE	FRUIT BOWLS	FRUIT CRUMBLE & CUSTARD	JELLY