

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Main meal includes potato and two vegetables	Main meal includes potato and two vegetables	Main meal includes potato and two vegetables	Main meal includes potato and two vegetables or rice and nan bread	Main meal includes chips and peas or beans Main meal portion
Meat and potato pie	Cottage pie	Roast Turkey and stuffing	Chicken curry with rice and nan bread	Battered fish
Hunters Chicken	The Kings southern fried chicken	Roast Ham	Mince beef and onion with Yorkshire pudding	Chicken Stir fry with noodles
Vegetable lasagne (made with Quorn mince)	Pasta bake (v)	Quorn Sausage		Cheese and potato pie
	Spiral fries			
Mashed potatoes	New potatoes	Roast potatoes Mashed potatoes	Mashed potato	Chips Half portion
Peas and carrots	Broccoli and Carrots	Carrots, peas and cabbage	Carrots and Sweetcorn	Mushy peas or beans
				Curry sauce or gravy
Chicken goujons Potato wedges	Beef burger	Hot dogs	Cajun chicken burger	
Pizza slice	Jacket potato and fillings	Pizza slice	Jacket potato and fillings	Pizza slice
Selection of desserts, biscuits, muffins and fruit	Selection of desserts, biscuits, muffins and fruit	Selection of desserts, biscuits, muffins and fruit	Selection of desserts, biscuits, muffins and fruit	Selection of desserts, biscuits, muffins and fruit