

WEEK TWO

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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
Shepherd's pie	Beef and vegetable pie	Roast Chicken and stuffing	Chicken curry with rice and nan bread	Battered fish
Chicken fajitas	BBQ chicken	Roast Ham	Cottage pie	Vegetable Stir fry with noodles
Vegetable fajitas	Pasta bake (v)	Vegetarian toad in the hole and gravy		Sausage roll
New potatoes	New potatoes	Roast potatoes Mashed potatoes	New potatoes	Chips Half portion
Green beans and carrots	Carrots and sweetcorn	Carrots, peas and broccoli	Carrots and Sweetcorn	Mushy peas or beans
				Curry sauce or gravy
Chicken goujons Potato wedges	Beef burger	Cajun chicken burger	Beef 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