

WEEK FOUR

<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)	Main meal (includes chips and peas or beans)
Chicken and vegetable pie	Shepherd's Pie	Roast Turkey and stuffing	Chicken curry with rice and nan bread	Battered fish
Spaghetti Bolognese	Hunters chicken	Roast Ham	Staffordshire lobby	Sausage roll
Vegetable moussaka (made with Quorn mince)	Macaroni cheese	Quorn pasta bake		Vegetable frittata
Mashed potato	New potatoes	Roast potatoes, mashed potatoes	Mashed potatoes	Chips
Carrots and green beans	Peas and sweetcorn	Green beans, carrots and broccoli	Peas and carrots	Mushy peas or beans
				Curry sauce or gravy
Chicken goujons Spiral fries	Jacket potato and fillings	Chicken burger	Beef burger	Pizza slice
Pizza slice	Chicken fajitas	Pizza slice	Jacket potato and fillings	
Selection of desserts, muffins, biscuits and fruit	Selection of desserts, muffins, biscuits and fruit	Selection of desserts, muffins, biscuits and fruit	Selection of desserts, muffins, biscuits and fruit	Selection of desserts, muffins, biscuits and fruit