

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Bacon Baps Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice	Eggy bread & sausages Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice	Scrambled egg, bacon, Baked beans Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice	Filled croissants Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice	Fried egg, Hash browns Bagels Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice	Full English Breakfast Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice	Continental Breakfast Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice
Main Lunch	Quorn and Vegetable Lasagne	Chicken Curry	Sausage Plait	Roast Beef	Fish Fingers	Pork Escalopes	Packed Lunch
Vegetarian	Quorn and Vegetable Lasagne	Vegetable Curry	Cheese and Onion pastry	Roasted Vegetable Frittata	Breaded Quorn fillets	Aubergine toasties with pesto	Packed Lunch
Sides	Garlic Bread Salad	Egg Fried Rice Mini Poppadum	New potatoes Green beans	Roast Potatoes Cauliflower Carrots	Oven chips Peas	Roasted New Potatoes Broccoli Fine beans	Packed Lunch
Dessert	Pear, chocolate Crumble and Cream	Fresh Fruit and Yoghurts	Eves Pudding and Custard	Fresh Fruit and yoghurt	White chocolate chip cookies	Ice cream	Packed Lunch
Supper main	Pizza	Slow cooked Pork belly with apple gravy	Cheese Burgers	Birria de Res Burrito	Goan Chicken Cafreal Curry with roasted cauliflower	Beef Burgers	Roast Chicken
Vegetarian	Pizza	Vegetable Goulash	Chimi churri Veggie burger	Tacos de tofu	Smokey Aubergine and butter bean curry	Vegetarian Burgers	Stuffed Peppers
sides	Spicy wedges Mixed salad	Dauphinoise Potatoes Broccoli	Homemade brioche bun and salad garnish French fries	Grilled Jalapeno Corn Tortilla chips	Pilau Rice Naan bread	Brioche Bun Coleslaw Chips	Roast Potatoes Parsnips Carrots Cabbage
Dessert	Tiramisu Cheesecake	Ice cream and Sauce	Chocolate brownie	Mexican chocolate Meringue	Banana Bread	Chefs choice	