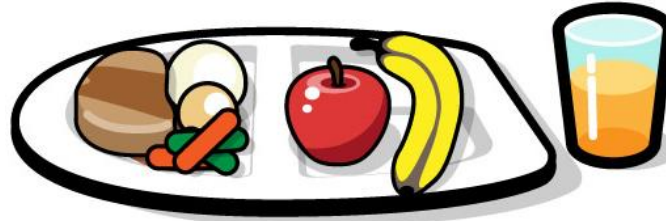


# School Dinner Menu Week 1



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main</b>	<i>Jerk Chicken</i>	<i>Beef Lasagne (D/G)</i>	<i>Chickpea and Lentil Dhal</i>	<i>Lamb Kofte</i>	<i>Teriyaki Salmon (G/D)</i>
<b>Veg Main</b>	<i>Jerk Quorn</i>	<i>Veg Lasagne (D/G)</i>	<i>Chickpea and Lentil Dhal</i>	<i>Falafel</i>	<i>Vegetable Frittata (E)</i>
<b>Accompaniment</b>	<i>Rice and Peas</i>	<i>Cous cous and Quinoa Salad (G)</i>	<i>Brown Rice</i>	<i>Bulgar Wheat (G)</i>	<i>Veg Noodles (E/G)</i>
<b>Hot Vegetable</b>	<i>Corn and Peas</i>	<i>Pesto Beans and Courgettes</i>	<i>Lemony Runner Beans and Peas</i>	<i>Broccoli</i>	<i>Stirfry Veggies and Broccoli</i>
<b>Table Salad</b>	<i>Cherry Tomatoes and Lettuce</i>	<i>Celery and Cucumber sticks</i>	<i>Red and Yellow Peppers</i>	<i>Lettuce and Tomato</i>	<i>Rainbow Sushi and Cucumber Sticks</i>
<b>Dressing</b>		<i>Hummus</i>	<i>Yoghurt (D)</i>	<i>Garlic Yoghurt (D)</i>	<i>Soy Sauce (G)</i>
<b>Bread</b>	<i>Cheesey Plaits (D/G)</i>	<i>Soda Bread (G)</i>	<i>Flatbread (G)</i>	<i>Pita Pockets (G)</i>	<i>Ciabatta (G)</i>
<b>Pudding</b>	<i>Fresh Fruit and Yoghurt (D)</i>	<i>Fruit Salad and Ice Cream (D)</i>	<i>Seasonal Fruit and Yoghurt (D)</i>	<i>Eve's Pudding and Custard (D/G/E)</i>	<i>Yoghurt and Seasonal Fruit (D)</i>