

**MANDEVILLE
MENU
WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
					
Main	Roast Chicken Shawarma 	Three Pasta day (G) 	Hotdogs 	Bean chilli 	Herby Salmon 
Vegetarian main	Lemon Roast Quorn Shawarma (E)		Veggie Hotdogs (E)		Squash & feta frittata 
Accompaniment	Bulgar Wheat (G) 	Cheese	Warm potato salad	Brown Rice 	Skin on Wedges/ Cous cous salad
Vegetable additions	Beans in tomato sauce 	Pesto Kale & Courgettes 	Broccoli 	Charred peppers, onions & beans 	Minty Peas 
Salad and dressing	Mixed salad + yoghurt dressing (D)	Carrot sticks, celery + hummus 	Coleslaw 	Salsa, lettuce, lime dressing + Greek yoghurt (D) 	Lettuce and herbs + tartare sauce 
Bread	Pitta Bread (G) 	Focaccia 	Hotdog Rolls (G)	Jacket potato 	Whole-wheat plaits 
Dessert or pudding	Fresh Fruit or Yoghurt (D) 	Beetroot cake 	Fresh Fruit or Yoghurt (D) 	Pineapple Cake & Custard 	Fresh Fruit or Yoghurt (D) 