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## MENU WEEK 1



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Veggie Bolognese 	Lamb Sausage 	Jerk Chicken 	Cheesy Sweet Pepper Bake (Gluten/Milk)* 	Fish in Tomato Sauce (Fish)* 
MAIN Option 2 (vegetarian)	Veggie Bolognese 	Vegetarian Sausage 	Aubergine Curry 	Macaroni & Cheese (Gluten/Milk)* 	Asian Style Tofu (Soy)* 
Vegetable Side	Roasted Cauliflower 	Baked Beans 	Charred Broccoli 	Roasted Butternut Squash 	Pak Choi 
Accompaniment	Spaghetti (Gluten)* 	Mashed Potato 	Rice & Peas 	Cous-Cous Salad 	Egg Noodles (Egg)* 
Bread	Flatbread (Gluten)* 	Focaccia (Gluten)* 	Ciabatta (Gluten)* 	Wholemeal Bread (Gluten)* 	-
Salad/Dressing	Rainbow Salad Shredded Lettuce Hummus Carrots & Cucumber Sticks 	Italian Salad Chop-Chop Salad Cucumber Sticks 	Cucumber Yoghurt Dip (Milk)* Mixed Salad Pickled Beetroot 	Coleslaw (Egg)* Tomato & Onion Corn Salad 	Cucumber & Tomato Hummus Sugar Snap Peas 
Dessert	Fresh Fruit 	Flapjacks (Milk)* Fresh Fruit 	Fresh Fruit (Dairy)* 	Grape & Polenta Cake (Diary/Gluten free)* Fresh Fruit 	Yoghurt (Dairy)* Fresh Fruit 





































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## MENU WEEK 2



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Gnocchi with a 5 Veg Sauce <i>(Gluten)*</i> 	Lamb Curry 	Roasted Honey Chicken Thighs 	Moroccan Chickpea Stew 	Fish Fingers <i>(Fish)*</i> 
MAIN Option 2 <i>(vegetarian)</i>	Tomato Pasta <i>(Gluten)*</i> 	Quorn & Butterbean Curry 	Sweet Peppers & Black Bean Stew 	Moroccan Chickpea Stew 	Breaded Tofu 
Vegetable Side	Charred Broccoli 	Roasted Spiced Carrots 	Roasted Cauliflower 	Butternut Squash 	Garden Peas 
Accompaniment	-	Bombay Potato 	Jolof Rice 	Cous-Cous 	Chips 
Bread	Garlic Bread <i>(Gluten)*</i> 	Flatbread <i>(Gluten)*</i> 	Ciabatta <i>(Gluten)*</i> 	Flatbread <i>(Gluten)*</i> 	-
Salad/Dressing	Italian Lemon Salad Hummus Mixed Tomato Salad 	Fresh Green Salad Corn Salad Tomato & Onion 	Coleslaw <i>(Egg)*</i> Apple & Carrot Salad Pickled Beetroot 	Hummus Rainbow Salad Cucumber & Onion Salad 	Fresh Green Salad Beetroot Coleslaw <i>(Egg)*</i> 
Dessert	Fresh Fruit 	Marble Cake w/ Custard Fresh Fruit <i>(Egg/Wheat/Flour/Milk)*</i> 	Fresh Fruit 	Carrot Cake <i>(Gluten)*</i> Fresh Fruit 	Fresh Fruit & Yoghurt <i>(Dairy)*</i> 