






| WEEK 1 |  MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------|--|--|---|---|---|
| Main dish | Margherita pizza with baked potato wedges | Mediterranean chicken wrap with savoury rice | Roast beef, with Yorkshire pudding, roast potatoes & gravy | Chicken pasta bake | Fish fingers or salmon fingers with chunky chips |
| Vegetarian Main dish | Roasted vegetable pizza |  BBQ bean & cheese wrap with 50/50 rice |  Quorn™ fillet with roast potatoes & gravy | Macaroni cheese | Falafel & salad pitta with chunky chips |
| Halal | As above | Meat free sausage | Roast chicken | As above | As above |
| Accompaniments | Peas & broccoli Salad bar | Roasted vegetables Salad bar | Carrots & cauliflower Salad bar | Green beans & sweetcorn Salad bar | Peas & baked beans Salad bar |
| Desserts | Flapjack | Lemon drizzle cake |  Apple & oat cookie | Chocolate muffin |  Fresh fruit & ice cream |
| Fresh fruit or yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt |
| Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection |

