

WEEK 1

	BREAKFAST	LUNCH	VEGETARIAN	PUDDING	AFTERNOON SNACK
MONDAY	Cereal/toast/milk	Plant-based Sausage and Mixed Bean Casserole served with New Potatoes and Cheese  <b>V + GF</b>		Watermelon	Make your own Pasta Salad
TUESDAY	Cereal/toast/milk	Jerk Chicken served with Coleslaw, and Brown Rice and Peas  <b>M + DF + GF</b>	Jerk Cauliflower served with Cauliflower, and Brown Rice and Peas  <b>V + DF + GF</b>	Mixed Berries & Yoghurt	Make your own Potato Salad
WEDNESDAY	Cereal/toast/milk	Lamb Shepherd's pie topped with Mashed Potato, served with Broccoli  <b>M + DF + GF</b>	Red Kidney Bean Pie topped with Mashed Potato served with Broccoli  <b>V + DF + GF</b>	Melon & Pineapple	Make your own Sandwiches
THURSDAY	Cereal/toast/milk	Thai Green Fish Curry with Black Beans, Mangetout and White Rice  <b>P + DF + GF</b>	Thai Green Veggie Curry with Black Beans, Mangetout, and White Rice  <b>V + DF + GF</b>	Bananas & Custard	Minestrone Soup served with Wholemeal Bread  <b>V + DF</b>
FRIDAY	Cereal/toast/milk	Lentil and Vegetable Lasagne, served with Garlic Bread and cheese  <b>V</b>		Mixed Fruit with Yoghurt	N/A

WEEK 2

	BREAKFAST	LUNCH	VEGETARIAN	PUDDING	AFTERNOON SNACK
MONDAY	Cereal/toast/milk	Jacket Potato with Tuna, Sweetcorn, Coleslaw, Beans, and Cheese <b>P + GF</b>	Jacket Potato with Sweetcorn, Coleslaw, Beans, and Cheese <b>V + GF</b>	Mixed Fruit & Yoghurt	Tomato & Basil Soup served with Wholemeal Bread <b>V + DF</b>
TUESDAY	Cereal/toast/milk	Homemade Falefels with Houmous, Couscous, Pink Onion and Cucumber salad <b>V + DF</b>		Bananas & Custard	Make your own Potato Salad
WEDNESDAY	Cereal/toast/milk	Chicken and Mushroom Stroganoff served with Brown Rice <b>M + GF</b>	Mushroom and Butter Bean Stroganoff served with Brown Rice <b>V + GF</b>	Watermelon	Make your own Sandwiches
THURSDAY	Cereal/toast/milk	Pepper and Courgette Quiche served with New Potatoes and Cauliflower Cheese <b>V</b>		Melon & Pineapple	Make your own Pasta Salad
FRIDAY	Cereal/toast/milk	Butternut Squash Risotto served with Green Beans and Garlic Bread <b>V + DF</b>		Mixed Berries & Yoghurt	N/A

WEEK 3

	BREAKFAST	LUNCH	VEGETARIAN	PUDDING	AFTERNOON SNACK
MONDAY	Cereal/toast/milk	Baked Tofu with Stir-Fry Vegetables, served with Udon Noodles <b>V + DF</b>		Melon & Pineapple	Make your own Potato Salad
TUESDAY	Cereal/toast/milk	Chicken Coconut Curry served with Brown Rice and Flatbread <b>M + DF</b>	Lentil Coconut Curry served with Brown Rice and Flatbread <b>V + DF</b>	Mixed Fruit & Yoghurt	Make your own Sandwiches
WEDNESDAY	Cereal/toast/milk	Lamb Meatballs served with Couscous and Cucumber Yoghurt <b>M + DF</b>	Chickpea 'Meat'balls served with Couscous and Cucumber Yoghurt <b>V + DF</b>	Bananas & Custard	Make your own Potato Salad
THURSDAY	Cereal/toast/milk	Fish Pie topped with Mashed Potato, served with Broccoli <b>P + GF</b>	Butter Bean Pie topped with Mashed Potato, served with Broccoli <b>V + GF</b>	Mixed Berries & Yoghurt	Minestrone Soup served with Wholemeal Bread <b>V + DF</b>
FRIDAY	Cereal/toast/milk	Jollof Rice served with Coleslaw, Sweetcorn Ribs and Boiled Egg <b>V + DF + GF</b>		Watermelon	N/A

WEEK 4

	BREAKFAST	LUNCH	VEGETARIAN	PUDDING	AFTERNOON SNACK
MONDAY	Cereal/toast/milk	Wholemeal Pasta with Super Green Sauce; made with Spinach, Courgette and Peas, served with Cheese and fresh Tomato and Sweetcorn <b>V</b>		Mixed Berries & Yoghurt	Make your own Sandwiches
TUESDAY	Cereal/toast/milk	Chicken Strip Fajitas with Pepper, Brown Rice, Beans, and Cheese <b>M</b>	Baked Tofu Fajitas with Pepper, Brown Rice, Beans, and Cheese <b>V</b>	Watermelon	Potato & Leek Soup, served with Wholemeal Bread <b>V + DF</b>
WEDNESDAY	Cereal/toast/milk	Homemade Fishcakes with Mashed Potato and Simple Salad <b>P + DF</b>	Homemade Lentil Cakes with Mashed Potato and Simple Salad <b>V + DF</b>	Melon & Pineapple	Make your own Pasta Salad
THURSDAY	Cereal/toast/milk	Beef Chilli served with White Rice and Garlic Bread <b>M + DF + GF</b>	Red Kidney Bean Chilli served with White Rice and Garlic Bread <b>V + DF + GF</b>	Mixed Fruit & Yoghurt	Make your own Potato Salad
FRIDAY	Cereal/toast/milk	Tomato, Lentil and Potato Bake served with Garden Peas, Boiled Egg, and Cheese <b>V + GF</b>		Bananas & Custard	N/A