



## WEEK ONE



Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>  <b>Vegetarian option</b>	Macaroni Cheese with Butternut Squash	Chicken Roast Dinner  <b>Quorn Roast Dinner</b>	Turkey, Mushroom & Spinach Carbonara  <b>Mushroom &amp; Spinach Carbonara</b>	Cottage pie  <b>Vegetable pie</b>	Fish and Potato Pie  <b>Cheese, Vegetable &amp; Potato Pie</b>
<b>Starchy Dish</b>	Macaroni Pasta	Roast Potatoes & Yorkshire Puddings	Linguini Pasta	Mashed Potatoes	Potato
<b>Vegetables</b>	Butternut Squash	Broccoli, cauliflower, carrots peas	Mushrooms & Spinach	Mixed vegetable	Mixed Vegetables
<b>Pudding</b>	Stewed Apple & Custard	Strawberry Angel delight (No added sugar)	Greek yoghurt	Petit Filous	Fromage Fraise & Raspberry puree
<b>Tea</b>  <b>Second Food Option</b>	Tuna Mayonnaise & sweetcorn sandwiches  <b>Cheese Sandwiches</b>	Mini ploughmans	Jacket potato with Beans, Cheese or Ham	Sausage Rolls with sliced mixed peppers & Tzatziki  <b>Quorn Sausage Rolls</b>	Grated cheese on toast With sliced cucumber
<b>Pudding</b>	Pancakes with Fresh Fruit	Fresh Seasonal Fruit milkshake	Melon Slices	Peach crumble	Sugar free jelly & raspberries

### The food groups key:

- 1 Bread, rice, potatoes, pasta & other starchy foods
- 2 Fruit & vegetables,
- 3 Milk, cheese & yogurt
- 4 Meat, fish, eggs, nuts & pulses
- 5 Foods high in fat & sugar.