



WEEK TWO



Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chicken & Vegetable Bake	Beef Ragu	Wholemeal Pasta & Cheesy Bake	Fish Fingers, Mash & Baked Beans	Vegetable curry with Cous Cous & naan bread
Second Food Option	Quorn	Quorn Mince	Cheesy Pasta Bake	Vegetarian Fish Fingers	
Starchy Dish	Potato	Rice	Pasta	Potato	Cous Cous
Vegetables	Mixed vegetables	Onion, carrots, peppers & tomato	Sweetcorn	Baked Beans	Mix vegetables
Pudding	Fromage Frais & Strawberries	Petit Filous	Bananas & custard	Rice Pudding (Reduced Fat)	Greek Yogurt
Tea	Beans on wholemeal Toast	Ham & Cheese Sandwiches with Cucumber slices	Toasted teacakes	Crumpets with Cheese spread & Ham (with sliced peppers)	Pizza Slices & Tzatziki
Second Food Option					
Pudding	Fruit Salad	Apple crumble	Seasonal fruit smoothies	Crepes & Mango sauce	Pear & apple slices

The food groups are:

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