



WEEK ONE



Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish Vegetarian option	Fish & Potato Pie Cheese, Vegetable & Potato Pie	Chicken Roast Dinner Quorn Roast Dinner	Turkey, Mushroom & Spinach Carbonara Mushroom & Spinach Carbonara	Cottage pie Vegetable pie	Macaroni Cheese with Butternut Squash
Starchy Dish	Potato	Roast Potatoes & Yorkshire Puddings	Linguini Pasta	Mashed Potatoes	Macaroni Pasta
Vegetables	Mixed Vegetables	Broccoli, cauliflower, carrots peas	Mushrooms & Spinach	Mixed vegetable	Butternut Squash
Pudding	Melon slices	Pancakes with Fresh Fruit	Greek yoghurt	Petit Filous	Fromage Fraise & Raspberry puree
Tea Second Food Option	Cheese on toast with cucumber slices	Jacket potato with Choices of beans Cheese or ham	Mini Ploughmans with smooth pickle	Sausage Rolls with sliced mixed peppers & Tzatziki Quorn Sausage Rolls	Tuna Mayonnaise sandwiches Cheese Sandwiches
Pudding	Sugar Free Jelly	Fresh Fruit	Banana & Custard	Angel Delight	Apple crumble with custard

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.