



WEEK TWO



Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chicken & Vegetable Bake	Jacket Potato & Chilli Con Carne	Wholemeal Pasta & Cheesy Bake	Fish Fingers, Mash & Baked Beans	Vegetable curry with Orzo & Naan Bread
Second Food Option	Quorn	Quorn Mince	Cheesy Pasta Bake	Vegetarian Fish Fingers	
Starchy Dish	Potato	Potato	Pasta	Potato	Orzo Pasta
Vegetables	Mixed vegetables	Onion, carrots, peppers & tomato	Sweetcorn	Baked Beans	Mix vegetables
Pudding	Fruit Salad	Pear & Apple Slices	Petit Filous	Rice Pudding (Reduced Fat)	Greek Yogurt
Tea	Beans on wholemeal Toast	Ham & Cheese Sandwiches with Cucumber slices	Toasted teacakes	Wholemeal Sandwich 'thins' with Cheese & Ham (with sliced peppers)	Pizza Slices & Cucumber sticks
Second Food Option					
Pudding	Fruit Salad	Mixed Berry Crumble & custard	Raspberry Cupcakes	Crepes & Banana	Fruit Salad

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.