

**WEEK ONE**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	BEEF LASAGNE	CHICKEN CASSEROLE	MACCARONI CHEESE	SAUSAGES	BREADED COD
<b>VEGETARIAN</b>	VEGETABLE RISOTTO	LENTIL & VEGETABLE CURRY	AS ABOVE	VEGE SAUSAGES	RED ONION FLAN
<b>STARCH</b>	(PASTA & RICE)	RICE	(PASTA)	MASH	OVEN CHIPS
<b>VEGETABLES</b>	SWEETCORN	CARROTS	MIXED VEGETABLES	BAKED BEANS	PEAS
<b>DESSERT</b>	APRICOT FLAPJACK	OATY FRUIT CRUMBLE & CUSTARD	FRUIT SALAD/ YOGHURT	JELLY	ORANGE COOKIES

Fresh salad , bread, fruit, yoghurt, and water available daily

**WEEK TWO**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	<b>SPAGHETTI BOLOGNESE</b>	<b>SPANISH CHICKEN</b>	<b>BEEF COBBLER</b>	<b>HOMEMADE PIZZA</b>	<b>SALMON &amp; BROCCOLI PASTA</b>
<b>VEGETARIAN</b>	<b>VEGE BOLOGNAISE</b>	<b>VEGETABLE CHILLI</b>	<b>VEGETABLE CRUMBLE</b>	<b>AS ABOVE</b>	<b>VEGEMINCE LASAGNE</b>
<b>STARCH</b>	<b>(PASTA)</b>	<b>RICE</b>	<b>ROASTS</b>	<b>OVEN CHIPS</b>	<b>(PASTA)</b>
<b>VEGETABLES</b>	<b>GREEN BEANS</b>	<b>SWEETCORN</b>	<b>CARROTS</b>	<b>SELECTION OF SALADS</b>	<b>PEAS</b>
<b>DESSERT</b>	<b>CHOCOLATE CRACKNEL</b>	<b>YOGHURT/ FRESH FRUIT SALAD</b>	<b>ICE CREAM &amp; CHOCOLATE SCE</b>	<b>SHORTBREAD</b>	<b>SYRUP SPONGE &amp; CUSTARD</b>

**Fresh salad, bread, fruit, yoghurt and water available daily**

**WEEK THREE**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	STEAK PIE	CHICKEN TIKKA MASALA	ROAST PORK	FISH PIE	BEEF LASAGNE
<b>VEGETARIAN</b>	VEGETABLE PIE	CHILLI BEAN CASSEROLE	TOMATO & BASIL PASTA	VEGEMINCE COTTAGE PIE	CHEESE & POTATO PIE
<b>STARCH</b>	(MASH)	RICE	ROASTS	(MASH)	CHIPS
<b>VEGETABLES</b>	GREEN BEANS	MIXED VEGETABLES	CARROTS	PEAS	SWEETCORN
<b>DESSERT</b>	YOGHURT/ FRUIT SALAD	TOFFEE APPLE CRUMBLE & CUSTARD	CHOCOLATE CRUNCH	JELLY	CHOCOLATE MOUSSE

Fresh salad, bread, fruit, yoghurt and water available daily

**WEEK FOUR**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	<b>SHEPHERDS PIE</b>	<b>SALMON QUICHE</b>	<b>CHINESE CHICKEN</b>	<b>MACCARONI CHEESE</b>	<b>BEEF CURRY</b>
<b>VEGETARIAN</b>	<b>CARROT &amp; LENTIL BAKE</b>	<b>VEGETABLE LASAGNE</b>	<b>VEGETABLE STIR FRY</b>	<b>AS ABOVE</b>	<b>LENTIL &amp; VEGETABLE CURRY</b>
<b>STARCH</b>	<b>(MASH)</b>	<b>CHIPS</b>	<b>NOODLES</b>	<b>QUARTER JACKET</b>	<b>RICE</b>
<b>VEGETABLES</b>	<b>CARROTS</b>	<b>PEAS</b>	<b>(IN MEALS)</b>	<b>SWEETCORN</b>	<b>MIXED VEGETABLES</b>
<b>DESSERT</b>	<b>ICED SPONGE</b>	<b>GINGER BISCUITS</b>	<b>CHOCOLATE CRACKNEL</b>	<b>CARROT CAKE</b>	<b>BREAD &amp; BUTTER PUDDING</b>

Fresh salad, bread, fruit, yoghurt and water available daily