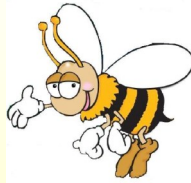


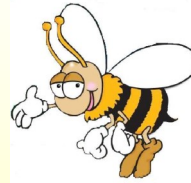
Monday



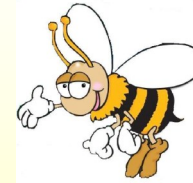
Tuesday



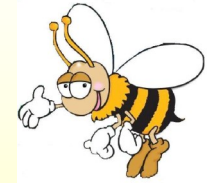
Week 1  
Wednesday



Thursday



Friday



Lunch

**Jacket potato, falafel and sweetcorn, cucumber and pepper mayonnaise**

**Cheese bake, steamed potatoes, peas and gravy**

Onions, mushrooms, peas

**Creamy garlic sweet potato and pea, mixed vegetables, brown and white rice**

Onion, mushroom, carrot, peas, sweetcorn and green beans

**Lentil cottage pie with root vegetable mash and carrots**

Courgette, pepper, carrot, mushroom and onion

**Lentil and sweet potato curry with cauliflower rice**

Sweet potato, cauliflower, onion, tomato, sweet potato, carrot, peppers, spinach

Pudding

**Apricots**

**Watermelon and grapes**

**Pears**

**Sugar free winter fruit jelly**

Fruit jelly and winter fruit

**Apples**

Dinner

**Macaroni cheese and broccoli**

**Tomato, vegetable and lentil soup with home made bread rolls**

Tomato, red pepper, red onion, carrot, sweet potato

**Veggie fingers, fried potatoes and peas**

**Chia seed and vegetable wholewheat couscous**

Peas, onion and pepper

**Cheesy mixed beans in a tomato sauce with wholemeal bread and butter**

Pudding

**yoghurt**

**Bananas**

**Rhubarb and yoghurt**

**Pineapple**

**Fruit salad and unsweetened cream**

Watermelon, grapes, kiwi, apricot, pears, peaches and pineapple