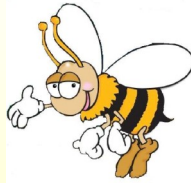


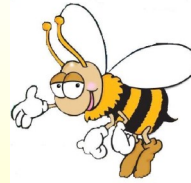
Monday



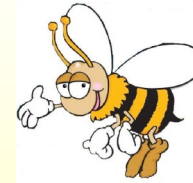
Tuesday



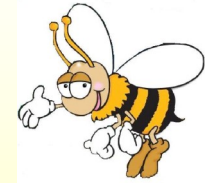
Week 1
Wednesday



Thursday



Friday



Lunch

**Jacket potato, tuna
mayonnaise and
sweetcorn**

**Homemade meat-
loaf, steamed pota-
toes, peas and gra-
vy**

Onions, mushrooms, peas

**Creamy garlic
chicken, mixed
vegetables, brown
and white rice**

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

**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 pota-
to, 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

**Pollock, fried pota-
toes and peas**

**Chorizo and vegeta-
ble wholewheat
couscous**

Peas, onion and pepper

**Cheesy mixed
beans in a tomato
sauce with whole-
meal bread and
butter**

Pudding

yoghurt

Bananas

**Rhubarb and yo-
ghurt**

Pineapple

**Fruit salad and un-
sweetened cream**

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