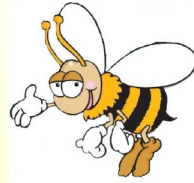


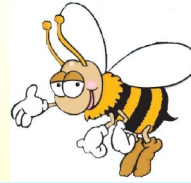
Monday



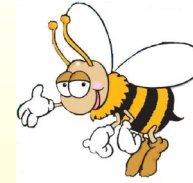
Tuesday



Week 2
Wednesday



Thursday



Friday



Lunch

Bean jambalaya

Courgette, pepper, onion, tomato and peas

Lentil and bean lasagne and cucumber salad

Carrots, spinach, courgette, pepper, sweet potato, mushrooms and onions

Cowboy casserole with tofu

Potatoes and beans

Coconut sweet potato and lentil curry with rice

Sweet potato, carrot, spinach, aubergine, mushroom, courgette, pepper, onion

Wholewheat spaghetti bean and lentil bolognese with cheese

Carrots, spinach, courgette,

Pudding

Peaches and unsweetened cream

Yoghurts

Grapes and kiwi

Pear and yoghurt

Orange slices

Dinner

Cauliflower and broccoli cheese with garlic bread

Veggie finger wholewheat wraps and peas

Edamame beans and vegetable rice

Courgette, pepper, sweetcorn and red onion

Cheese and tomato pizza with carrot sticks

Jacket potato with pakora and sweetcorn, cucumber and pepper mayo

Pudding

Watermelon fans

Mandarins

Sugar free winter fruit jelly

Fruit jelly and winter fruit

Fruit salad

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

Mango and yoghurt