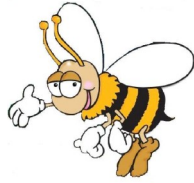
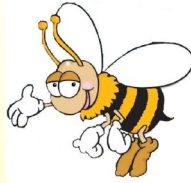


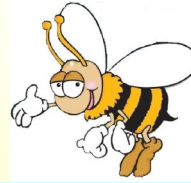
Monday



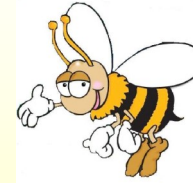
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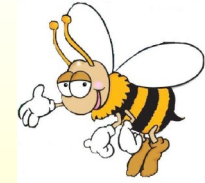
Week 2
Wednesday



Thursday



Friday



Lunch

Prawn jambalaya

Courgette, pepper, onion, tomato and peas

Beef lasagne and cucumber salad

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

Cowboy casserole

Potatoes and beans

Coconut chicken curry with rice

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

Wholewheat spaghetti bolognese with cheese

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

Pudding

Peaches and unsweetened cream

Yoghurts

Grapes and kiwi

Pear and yoghurt

Orange slices

Dinner

Cauliflower and broccoli cheese with garlic bread

Fish finger wholewheat wraps and peas

Chicken and vegetable rice

Courgette, pepper, sweetcorn and red onion

Cheese and tomato pizza with carrot sticks

Jacket potato with chicken and sweetcorn 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