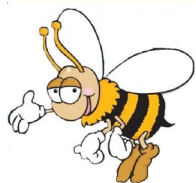
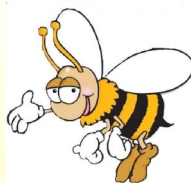




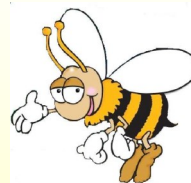
Monday



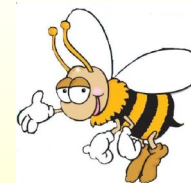
Tuesday



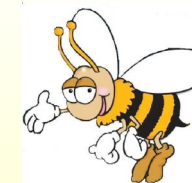
Week 3
Wednesday



Thursday



Friday



Lunch

Tomato vegetable pasta and grated cheese

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

Cheese bake, roast potatoes, mixed vegetables and gravy

Carrots, peas, sweetcorn and green beans

Bean and lentil chili, taco boats and cheese

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

Sweet potato and lentil tikka masala with brown and white rice and naan bread Tomatoes, carrots, sweet potato, red onion, red pepper

lentil and onion served with new potatoes and carrots

Onions, mushrooms, peas and carrots

Pudding

Mandarin segments

Sugar free winter fruit jelly

Fruit jelly and winter fruit

Peaches and yoghurt

Pineapple and kiwi

Yoghurts

Dinner

Butternut squash, carrot, butter beans and sweet potato soup and homemade bread rolls

Creamy tofu, broccoli and leek pasta

Pumpkin and spinach bake, oven baked wedges and peas

Cheese and tomato pizza and beans

A selection of wholemeal sandwiches, salad sticks and cheese sticks

Cheese and coronation chickpea. Apple and cucumber

Pudding

Apple

Banana

Fruit salad and unsweetened cream

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

Melon medley

mango