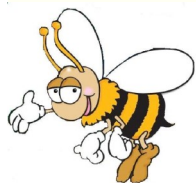
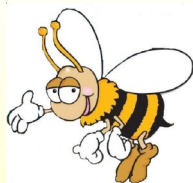




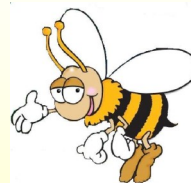
Monday



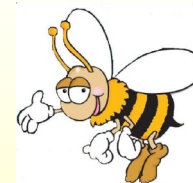
Tuesday



Week 3
Wednesday



Thursday



Friday



Lunch

Tomato vegetable pasta and grated cheese

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

Chicken, roast potatoes, mixed vegetables and gravy

Carrots, peas, sweetcorn and green beans

Beef chilli, taco boats and cheese

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

Chicken tikka masala with brown and white rice and naan bread

Tomatoes, carrots, sweet potato, red onion, red pepper

Mince beef 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 fish, broccoli and leek pasta

Salmon fishcakes, oven baked wedges and peas

Cheese and tomato pizza and beans

A selection of wholemeal sandwiches, salad sticks and cheese sticks

Cheese, tuna, ham. Apple and cucumber

Pudding

Apple

Banana

Fruit salad and unsweetened cream

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

Melon medley

mango