

		Week 1			Week 2			Week 3			
Monday Tuesday Weds Thurs Friday	Monday	Pasta Bolognese	Fish wrap with crisps and salad	Jacket Potato with cheese, beans or tuna	Sausage and mash with gravy and broccoli	Spaghetti in tomato and chilli sauce (not spicy)	Jacket Potato with cheese, beans or tuna	Cottage Pie with broccoli	Pasta in tomato, spinach and pepper sauce	Jacket Potato with cheese, beans or tuna	Cookies, Yoghurt, Fresh fruit, Jelly
	Tuesday	Chicken Curry with bombay potatoes and naan	Tuna mayo pasta with sweetcorn	Jacket Potato with cheese, beans or tuna	Chinese chicken stir fry with egg free noodles	Homemade Vegetable soup with crusty bread	Jacket Potato with cheese, beans or tuna	Tomato soup with orzo	Choice of sandwiches with crisps and crunchy salad	Jacket Potato with cheese, beans or tuna	Cake, Yoghurt, Fresh fruit, Jelly
	Weds	Baked ham and cheese wraps with crisps	Choice of Sandwiches with crisps and salad	Jacket Potato with cheese, beans or tuna	Steamed Fish with roast potatoes and broccoli	Beef or Veg Chilli with rice	Jacket Potato with cheese, beans or tuna	Rustic Sausage stew with crusty bread	Shredded chicken wrap with salad	Jacket Potato with cheese, beans or tuna	Flapjack, Yoghurt, Fresh fruit, Jelly
	Thurs	Roasted Tomato Soup and crusty bread	Pork Meatballs with Danish potatoes and broccoli	Jacket Potato with cheese, beans or tuna	Nut and dairy free pesto pasta	Choice of sandwiches with crisps and crunchy salad	Jacket Potato with cheese, beans or tuna	Homemade Vegetable soup with crusty bread	Chicken Casserole	Jacket Potato with cheese, beans or tuna	Rice crispie cake, Yoghurt, Fresh fruit, Jelly
	Friday	Pizza and chips	Hotdog and chips	Jacket Potato with cheese, beans or tuna	Burgers and chips	Fish and chips with sweetcorn	Jacket Potato with cheese, beans or tuna	Grilled ham and cheese wraps with chips	Fish and chips with sweetcorn	Jacket Potato with cheese, beans or tuna	Ice cream, Yoghurt, Fresh fruit, Jelly