

WEEK 1 MENU

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Sausage/ Vegetable sausage Mash Carrots & Gravy	BBQ chicken flat bread Hash brown Peas Sweetcorn	Roast Beef, Yorkshire pudding, potatoes, carrots & broccoli	Chicken korma, rice & naan bread	Chunky fish finger Wraps, chips & peas
2	Bubble coated salmon, mash & peas	Pasta, garlic bread & salad	Cheese filled omelette, half jacket potato & beans	Potato pie, broccoli & beetroot	Pizza, chips & sweetcorn
3	Cheese & Tomato French bread pizza, hash brown & salad	Jacket potato with choice of fillings (V)	Filled roll, tortilla chips & salad	Tortilla wrap, hash brown & salad	Jacket potato with choice of fillings (V)
Dessert	Apple sponge & custard Yoghurt Fruit	Shortbread biscuit Yoghurt Fruit	Chocolate cookie Yoghurt Fruit	Carrot cake muffin Yoghurt Fruit	Ice cream roll Yoghurt Fruit