WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR FISH MAIN COURSE	SPAGUETTI BOLOGNESE	TURKEY MEATBALLS	ROAST CHICKEN THIGHS	CHILLI CON CARNE	BREADED HADDOCK FILLET
VEGETARIAN DISH	PENNE PASTA TOMATO AND CHEESE	VEG MEATBALLS WITH ROAST COURGETTE	SPANISH OMELETTE	ROAST COURGETTE WITH VEGETABLES	PEAS FRITTERS
STARCHY FOOD	INCLUDED IN MAIN COURSE	MASH POTATOES	couscous	RICE	OVEN BAKED CHIPS
SALAD 1	BABY LEAF AND GEM LETTUCE	ICEBERG LETTUCE	GRATED CUCUMBER	DICED TOMATOES	COLESLAW
SALAD 2	GRATED CARROT	SLICED TOMATOES	LETTUCE	GRATED BEETROT	CHERRY TOMATOES AND MOZARELLA CHEESE
SALAD 3	CHERRY TOMATOES	TROPICAL SALAD	MIX SALAD	ROAST PINEAPPLE, CORIANDER AND RED ONION	LETTUCE
VEGETABLES	MIX CABBAGE BABY CARROTS	BROCCOLI CARROT AND PARSNIPS	CAULIFLOWER GREEN BEANS	MIX VEGETABLES SWEETCORN	BAKED BEANS MUSHROOMS
DESSERTS	RICE PUDDING	MIX FRUIT SALAD	LEMON CAKE	SEASONAL FRUIT	YOGURT
DRINKS			WATER		
	BREAD				

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR FISH MAIN COURSE	MACARONI CHEESE	CHICKEN SAUSAGES	CHICKEN CURRY	PIZZA	CHICKEN STRIPS
VEGETARIAN DISH	MACARONI PUTANESCA	VEG SAUSAGES	RED LENTILLS WITH VEGETABLES	VEGETARIAN PIZZA	VEGETARIAN SPRING ROLLS
STARCHY FOOD	INCLUDED IN MAIN COURSE	MASH POTATOES	RICE	WEDGES	OVEN BAKED CHIPS
SALAD 1	GRATED CARROT	GRATED CUCUMBERS	DICED TOMATOES	CHERRY TOMATOES	COLESLAW
SALAD 2	TOMATOES	GREEN SALAD	SWEET CORN	CUCUMBER	SPRING SALAD
SALAD 3	LETTUCE, OLIVES AND MIX PEPPERS	GREEN PEPPERS AND RED ONIONS IN BRINE	MIXED SALAD	BABY LEAF, WILD ROCKET	TOMATOES
VEGETABLES	GREEN BEANS CAULIFLOWER	BROCCOLI MIX VEGETABLES	RED CABBAGE BABY CARROT	PEAS SWEET CORN	BAKED BEANS CARROT AND PARSNIPS
DESSERTS	APPLE CRUMBLE	WATERMELON	PRUNES AND CARROT CAKE	SEASONAL FRUIT	FRUIT JUICE
DRINKS			WATER		
	BREAD				

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR FISH MAIN COURSE	CHICKEN ALFREDO LINGUINE	CHICKEN THIGS WITH PEPPERS SAUCE	TURKEY BBQ	CHICKEN KATSU	SALMON FISH FINGER
VEGETARIAN DISH	TRICOLORE PASTA WITH SPINACH	BORLOTTI BEANS WITH VEGETABLES	MUSHROOMS AND ROAST VEGETABLES TACOS	RATATOUILLE	MEXICAN EMPANADAS
STARCHY FOOD	INCLUDED IN MAIN COURSE	couscous	NEW POTATOES	RICE	OVEN BAKED CHIPS
SALAD 1	DICED TOMATOES	GRATED CARROT	CHERRY TOMATOES	CARROT AND RADISH	COLESLAW
SALAD 2	LETTUCE	CUCUMBER	GREEN SALAD	GEM LETTUCE AND MIX PEPPERS	COUSCOUS SALAD
SALAD 3	MIX PEPPERS AND CELERY SALAD	TOMATOES AND HERBS SALAD	CHICK PEAS SALAD	BEET RAW,CARROT AND EGG	WILD ROCKET AND BABY LEAF
VEGETABLES	CAULIFLOWER MIX VEGETABLES	MIX CABBAGE CARROT AND PARSNIPS	SWEET CORN PEAS	MUSHROOMS GREEN BEANS	BAKED BEANS BABY CARROT
DESSERTS	SEASONAL FRUIT	MELON'S FESTIVAL	BANANA CAKE	SEASONAL FRUIT	YOGURT
DRINKS			WATER		
			BREAD		

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR FISH MAIN COURSE	MACARONI WITH ROAST VEGETABLES	TUNA, CHEESE OR BAKED BEANS	CHICKEN BLACK BEAN SAUCE	PERI PERI CHICKEN DRUMSTICKS	CHICKEN NUGGETS
VEGETARIAN DISH	CONCHIGLIE PASTA TOMATO AND CHEESE	CHICK PEAS WITH ROAST VEGETABLES	VEGETARIAN NOODLES	TARTLETS SPINACH	VEGETARIAN SAMOSAS
STARCHY FOOD	INCLUDED IN MAIN COURSE	JACKET POTATOES	RICE	ROAST POTATOES	OVEN BAKED CHIPS
SALAD 1	BABY LEAF LETTUCE	SLICED CUCUMBERS	ICEBERG LETTUCE	GRATED CUCUMBEERS	COLESLAW
SALAD 2	CHERRY TOMATOES	GRATED CARROT	SLICED TOMATOES	MIX HERBS SALAD	LETTUCE
SALAD 3	MIXED SALAD	QUINOA SALAD	ORANGE AND WATERCRESS	MEDITERRANEAN	ROAST VEGETABLES SALAD
VEGETABLES	BROCCOLI RED CABBAGE	PEAS SWEET CORN	MIX VEGETABLES MUSHROOMS	CAULIFLOWER GREEN BEANS	BAKED BEANS
DESSERTS	SEASONAL FRUIT	FRUIT MACEDOINE	VANILLA AND ROAST APPLE CAKE	SEASONAL FRUIT	ICE CREAM
DRINKS			WATER		
	BREAD				