

<b>week 1</b>	<b>Choice</b>	<b>Main</b>	<b>Side</b>
<b>Monday</b>	<b>1</b>	<b>Spaghetti Bolognese (Lamb mince and tomato &amp; herb sauce)</b>	<b>Carrots</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>Dessert</b>	<b>Apple &amp; Banana Crisp Cake with Custard, Fruit or Yoghurt</b>	
<b>Tuesday</b>	<b>1</b>	<b>Quorn &amp; Veg Chilli with Rice (kidney beans, celery, tomatoes, potatoes, onions)</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>2</b>	<b>Lentil Soup with Tuna Sandwich</b>	
	<b>3</b>	<b>Lentil Soup with Cheese Sandwich</b>	
	<b>Dessert</b>	<b>Cheese and Crackers</b>	
<b>Wednesday</b>	<b>1</b>	<b>Sausages and Onion Gravy</b>	<b>Mashed Potato, Broccoli</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	<b>Carrot &amp; Celery Batons</b>
	<b>Dessert</b>	<b>Rice Pudding, Fruit or Yoghurt</b>	
<b>Thursday</b>	<b>1</b>	<b>Ham Omelette &amp; New Potatoes</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>2</b>	<b>Cheese Omelette &amp; New Potatoes</b>	
	<b>3</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	
	<b>Dessert</b>	<b>Apple &amp; Blackberry Crumble with Greek Yoghurt &amp; Honey</b>	
<b>Friday</b>	<b>1</b>	<b>Fish Pie with Mashed Potato Topping</b>	<b>Peas</b>
	<b>2</b>	<b>Sweet Potato Soup &amp; Tuna Sandwich</b>	<b>Carrot, Cucumber, Celery Batons</b>
	<b>3</b>	<b>Sweet Potato Soup with Cheese Sandwich</b>	
	<b>Dessert</b>	<b>Fresh Fruit Salad with Greek Yoghurt &amp; Honey</b>	

<b>Week 2</b>	<b>Choice</b>	<b>Main</b>	<b>Side</b>
<b>Monday</b>	<b>1</b>	<b>Lamb Curry with Rice &amp; Naan Bread (Tomato &amp; Onion)</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	
	<b>Dessert</b>	<b>Chocolate Cracknell, Fruit or Yoghurt</b>	
<b>Tuesday</b>	<b>1</b>	<b>Quorn Stirfry &amp; Noodles (onion, peppers, carrots, ginger, soya sauce)</b>	<b>Carrot, Cucumber, Celery Batons</b>
	<b>2</b>	<b>Tomato &amp; Basil Soup with Ham Sandwich</b>	
	<b>3</b>	<b>Tomato &amp; Basil Soup with Cheese Sandwich</b>	
	<b>Dessert</b>	<b>Oaty Apple &amp; Sultana Crumble with Custard, Fruit or</b>	
<b>Wednesday</b>	<b>1</b>	<b>Minced Beef &amp; Onion Shortcrust Pie with Gravy</b>	<b>Mashed Potatoes, Carrots, Peas</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>Dessert</b>	<b>Banana Buns, Fruit or Yoghurt</b>	
<b>Thursday</b>	<b>1</b>	<b>Roast Chicken Breast &amp; Gravy</b>	<b>Roast Potatoes, Mixed Vegetables</b>
	<b>2</b>	<b>Carrot &amp; Corriander Soup with Chicken Sandwich</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>3</b>	<b>Carrot &amp; Corriander Soup with Egg Mayonnaise Sandwich</b>	
	<b>Dessert</b>	<b>Bakewell Tart, Fruit or Yoghurt</b>	
<b>Friday</b>	<b>1</b>	<b>Tuna Burgers in a Bun &amp; Homemade Potato Wedges</b>	<b>Rainbow Salad (red/white cabbage, carrots, peppers, lemon juice, yoghurt)</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	
	<b>Dessert</b>	<b>Cocoa &amp; Beetroot Cake with Chocolate Custard, Fruit or</b>	

<b>week 3</b>	<b>Choice</b>	<b>Main</b>	<b>Side</b>
<b>Monday</b>	<b>1</b>	<b>Tomato &amp; Basil Pasta Bake</b>	<b>Sweetcorn</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>Dessert</b>	<b>Banana &amp; Raisin Flapjack, Fruit or Yoghurt</b>	
<b>Tuesday</b>	<b>1</b>	<b>Ham &amp; Pineapple Pizza &amp; New Potatoes</b>	<b>Carrot, Cucumber, Celery Batons</b>
	<b>2</b>	<b>Vegetable Soup with Corned Beef Sandwich</b>	
	<b>3</b>	<b>Vegetable Soup with Egg Mayonnaise Sandwich</b>	
	<b>Dessert</b>	<b>Fruit Platter or yoghurt</b>	
<b>Wednesday</b>	<b>1</b>	<b>Lamb Kebabs with Mint Yoghurt &amp; Pitta Bread</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	
	<b>Dessert</b>	<b>Raspberry Puree &amp; Fromage Frais, Fruit or Yoghurt</b>	
<b>Thursday</b>	<b>1</b>	<b>Beef Lasagne &amp; Garlic Bread</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>2</b>	<b>Leek &amp; Potato Soup with Chicken Sandwich</b>	
	<b>3</b>	<b>Leek &amp; Potato Soup with Cheese Sandwich</b>	
	<b>Dessert</b>	<b>Pineapple Upside Down Cake &amp; Custard, Fruit or Yoghurt</b>	
<b>Friday</b>	<b>1</b>	<b>Salmon Quiche &amp; Homemade Potato Wedges</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	
	<b>Dessert</b>	<b>Stewed Apples &amp; Blackberries with Greek Yoghurt &amp;</b>	

<b>Week 4</b>	<b>Choice</b>	<b>Main</b>	<b>Side</b>
<b>Monday</b>	<b>1</b>	<b>Vegetarian Spaghetti Bolognese (soya mince, onion, peppers, tomatoes, mushrooms, herbs)</b>	<b>Coleslaw, Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	
	<b>Dessert</b>	<b>Cream Cracker with Cheese Spread, Apples or yoghurt</b>	
<b>Tuesday</b>	<b>1</b>	<b>Aloo Ful Gobi Muttah Curry &amp; Naan Bread (Cauliflower, potatoes, peas, tomatoes, spices)</b>	<b>Carrot &amp; Celery Batons</b>
	<b>2</b>	<b>Chicken Soup with Chicken Sandwich</b>	
	<b>3</b>	<b>Chicken Soup with Egg Mayonnaise Sandwich</b>	
	<b>Dessert</b>	<b>Ginger Biscuits, Fruit or Yoghurt</b>	
<b>Wednesday</b>	<b>1</b>	<b>Homemade Beefburger in a Bun with Potato Wedges</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	
	<b>Dessert</b>	<b>Chocolate Brownies, Fruit or Yoghurt</b>	
<b>Thursday</b>	<b>1</b>	<b>Homemade Shepherd's Pie (Lamb mince, mushrooms, onions and mashed potato top)</b>	<b>Peas, Carrots</b>
	<b>2</b>	<b>Minestrone Soup with Tuna Mayo Sandwich</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>3</b>	<b>Minestrone Soup with Cheese Sandwich</b>	
	<b>Dessert</b>	<b>Apple Crumble Tart, Fruit or Yoghurt</b>	
<b>Friday</b>	<b>1</b>	<b>White Fish Goujons &amp; Potato Wedges with Homemade Tomato Sauce</b>	<b>Peas</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	<b>Celery &amp; Carrot Batons</b>
	<b>Dessert</b>	<b>Blueberry Muffins, Fruit or Yoghurt</b>	

<b>Week 5</b>	<b>Choice</b>	<b>Main</b>	<b>Side</b>
<b>Monday</b>	<b>1</b>	<b>Chicken Risotto (Chicken, rice, mixed vegetables)</b>	<b>Coleslaw, Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	
	<b>Dessert</b>	<b>Crunchy Apple &amp; Blackberry Crumble with Custard, Fruit</b>	
<b>Tuesday</b>	<b>1</b>	<b>Herby Tomato &amp; Bean Pasta</b>	<b>Carrot &amp; Celery Batons</b>
	<b>2</b>	<b>Vegetable Soup &amp; Cheese Sandwich</b>	
	<b>3</b>	<b>Vegetable Soup with Chicken Sandwich</b>	
	<b>Dessert</b>	<b>Chocolate Muffin, Fruit or Yoghurt</b>	
<b>Wednesday</b>	<b>1</b>	<b>Pork &amp; Apple Casserole</b>	<b>Broccoli Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	
	<b>Dessert</b>	<b>Berry Brownies, Fruit or Yoghurt</b>	
<b>Thursday</b>	<b>1</b>	<b>Lamb Burger with Homemade Chips</b>	<b>Rainbow Salad (red/white cabbage, carrots, peppers, lemon juice, yoghurt)</b>
	<b>2</b>	<b>Tomato &amp; Red Pepper Soup with Ham Sandwich</b>	
	<b>3</b>	<b>Tomato &amp; Red Soup with Cheese Sandwich</b>	
	<b>Dessert</b>	<b>Banana &amp; Cinamon Rice Pudding, Fruit or Yoghurt</b>	
<b>Friday</b>	<b>1</b>	<b>Chickpea &amp; Vegetable Curry with Naan Bread</b>	<b>Mixed Salad (lettuce, Cucumber, tomatoes, onions)</b>
	<b>2</b>	<b>Jacket Potato with Tuna Mayo, Cheese or Beans</b>	
	<b>Dessert</b>	<b>Manchester Tart, Fruit or Yoghurts</b>	

<b>Week 6</b>	<b>Choice</b>	<b>Main</b>	<b>Side</b>
<b>Monday</b>	<b>1</b>	<b>Pork Steaks &amp; Apple Sauce</b>	<b>Roast Potatoes, Green Beans</b>
	<b>2</b>	<b>Jacket Potato with Tuna/Beans/Cheese</b>	<b>mixed salad (lettuce, tomatoes, cucumber, onions)</b>
	<b>Dessert</b>	<b>Cheese and Crackers, Fruit or Yoghurt</b>	
<b>Tuesday</b>	<b>1</b>	<b>Turkey Meatballs &amp; Pasta in Tomato Sauce (peppers, onions, mushrooms)</b>	<b>Carrot, Celery and Cucumber Batons</b>
	<b>2</b>	<b>Butternut Squash Soup with Tuna Sandwich</b>	
	<b>3</b>	<b>Butternut Squash Soup with Cheese Sandwich</b>	
	<b>Dessert</b>	<b>Carrot Cake, Fruit or Yoghurt</b>	
<b>Wednesday</b>	<b>1</b>	<b>Quorn Stirfry &amp; Noodles (onion, peppers, carrots, ginger, soya sauce)</b>	<b>mixed salad (lettuce, tomatoes, cucumber, onions)</b>
	<b>2</b>	<b>Jacket Potato with Tuna/Beans/Cheese</b>	
	<b>Dessert</b>	<b>flapjack, Fruit or Yoghurt</b>	
<b>Thursday</b>	<b>1</b>	<b>Chicken Curry &amp; Rice</b>	<b>Carrot, Celery and Cucumber Batons</b>
	<b>2</b>	<b>Carrot &amp; Corriander Soup with Cheese Sandwich</b>	
	<b>3</b>	<b>Carrot &amp; Corriander Soup with Egg Mayonnaise Sandwich</b>	
	<b>Dessert</b>	<b>Fresh Fruit Smoothie, Fruit or Yoghurt</b>	
<b>Friday</b>	<b>1</b>	<b>Coley Fishfingers &amp; Tartare Sauce</b>	<b>Homemade Chips &amp; Peas</b>
	<b>2</b>	<b>Jacket Potato with Tuna/Beans/Cheese</b>	<b>mixed salad (lettuce, tomatoes, cucumber, onions)</b>
	<b>Dessert</b>	<b>Chocolate Sponge &amp; Custard, Fruit or Yoghurt</b>	