



Menu 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Fish and vegetable curry with boiled rice	Macaroni cheese with broccoli and cauliflower	Mince and tatties	Cajun tomato chicken with rice and vegetables	Roast pepper soup with wholemeal bread
Puddings	Fruit salad	Yogurt & fruit	Jelly with fruit	Banana flapjack	Rice Pudding

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Chicken casserole with mash potatoes	Tomato soup with wholemeal bread	Tuna macaroni cheese with sweetcorn	Carrot and coriander soup with wholemeal bread	Keema beef curry with boiled rice
Puddings	Yogurt & fruit	Rice pudding	Fruit salad	Ginger cake	Jelly with fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Beef fajita pasta	Chicken pesto with rice	Mushroom soup with wholemeal bread	BBQ sausage and bean with mashed potato	Fish tikka masala with rice
Puddings	Flapjacks	Jelly with fruit	Rice pudding	Fruit salad	Yogurt & fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Lentil soup with wholemeal bread	Fish in garlic tomato sauce with pasta	Creamy chicken korma with boiled rice	Vegetable soup with wholemeal bread	Pasta bolognese
Puddings	Rice Pudding	Fruit salad	Yogurt & fruit	Jelly with fruit	Banana cake