

# MAKE GOOD CHOICES.

## WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	CHICKEN WRAP WITH SALAD	Chicken curry	Roast Chicken	Mince Beef	Fish finger
Main Meal	RAINBOW FRITTATA	Mild vegetable curry	Vegetarian lattice flan	Oven baked macaroni cheese	Lamb Doner  Tuna mayo and cucumber baguette
Cold option	Chicken mayo roll	Egg and lettuce sandwich	Cheese and cucumber Sandwich	Ham sandwich	
Carbohydrate & Vegetables	Potato wedges Sweetcorn	Golden vegetable rice Medley Of vegetables	Roast potato Medley of vegetables	Sweetcorn and carrots	Herby diced potatoes Garden peas Baked beans
Pudding of the day	Cheese Cracker Fruit Salad	Yogurt Fresh Fruit	Hot Pudding with custard Fruit Salad	Jellies Orange Boats	Melon Boats Fresh Fruits

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## WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Pop-corn chicken	Spaghetti bolognese	Roast Turkey With stuffing and gravy	Breaded chicken with homemade tomato sauce	Fish Cake
Main meal	Vegetable wrap	Roasted vegetable lasagne	Homemade vegetable Sausage roll	Breaded Quorn with homemade tomato sauce	Vegetable quesadilla
Cold option	Cream cheese bagel	Chicken sandwich	Egg mayo sandwich	Tuna and cucumber baguette	Cheese and tomato sandwich
Carbohydrate & Vegetables	Herbed diced potatoes sweetcorn	Garden Peas	Roast potato Broccoli and carrots	Rice	SWEET POTATO WEDGES  Baked beans
Pudding of the day	Cheese Cracker Fruit Salad	Yogurt Fresh Fruit	Hot Pudding with custard Fruit Salad	Jellies Orange Boats	Melon Boats Fresh Fruits

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## WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Chicken goujons with BBQ sauce	Lamb Moussaka	Beef lasagne	Chicken stir-fry	Jerk chicken or B/B/Q chicken Drumstick
Main meal	Vegetable fingers	Basil and tomato pasta bake	Cheese and tomato Quiche	Vegetable stir-fry	Quorn hotdog
Cold option Carbohydrate & Vegetables	Chicken mayo Roll  Oven baked wedges Carrots	Egg mayo sandwich  Garden Peas	Cheese and cucumber sandwich Garlic bread Broccoli	Tuna and cucumber wrap  Noodles and Mixed Veg	Baby buttered new potatoes Assorted filled bagels Rice Sweetcorn
Pudding of the day	Cheese Cracker Fruit Salad	Yogurt Fresh Fruit	Hot Pudding with custard Fruit Salad	Jellies Orange Boats	Melon Boats Fresh Fruits