































WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	<p>Macaroni Cheese</p> 	<p>Phat Pasty Pork Sausage Roll with Potato Wedges</p> 	<p>Roast Chicken, Stuffing, Roast Potatoes & Gravy</p> 	<p>Spaghetti Bolognese</p> 	<p>Fish Fingers or Salmon Fish Fingers with Chips & Ketchup</p> 
OPTION 2	<p>Chickpea Curry and Rice</p> 	<p>Quorn Cumberland Sausage with Potato Wedges</p> 	<p>Roast Quorn, Roast Potatoes & Gravy</p> 	<p>Tomato & Vegetable Pasta</p> 	<p>Cheese & Bean Pasty with Chips & Tomato Ketchup</p> 
DESSERT	<p>Banana Mousse</p> 	<p>Orange Drizzle Cake</p> 	<p>Fruit Platter</p> 	<p>Apple Flapjack</p> 	<p>Jelly with Mandarins</p> 











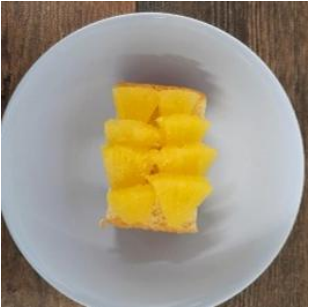




*VEGETABLES AND SIDES MAY DIFFER THAN THOSE SHOWN

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	<p>Cheese & Tomato Pizza with New Potatoes</p> 	<p>Beef Chilli with Rice</p> 	<p>Roast Pork Sausage, Roast Potatoes & Gravy</p> 	<p>Greek Chicken Pitta with Herby Rice & Tzatziki</p> 	<p>Battered Fish with Chips & Tomato Ketchup</p> 
OPTION 2	<p>Lentil and Sweet Potato Curry with Rice</p> 	<p>Loaded Jacket with Spring Onion & Cheese or Tomato Pasta</p> 	<p>Vegetarian Wellington, Roast Potatoes & Gravy</p> 	<p>Spinach & Cheese Whirl with Herby Rice & Tzatziki</p> 	<p>Quorn Sausage with Chips & Tomato Ketchup</p> 
DESSERT	<p>Iced Vanilla Sponge</p> 	<p>Peaches & Ice Cream</p> 	<p>Freshly Chopped Fruit Salad</p> 	<p>Jam & Coconut Sponge</p> 	<p>Oaty Cookie</p> 

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WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	<p>Tomato Pasta</p> 	<p>Beef Burger with Potato Wedges & Tomato Sauce</p> 	<p>Roast Chicken with Roast Potatoes & Gravy</p> 	<p>Chef Shilpa's Chicken Korma with Rice</p> 	<p>Fish Fingers with Chips & Tomato Ketchup</p> 
OPTION 2	<p>Chinese Vegetable Noodles</p> 	<p>Quorn Burger with Potato Wedges & Tomato Sauce</p> 	<p>Vegetable Pasty, Roast Potatoes & Gravy</p> 	<p>Cowboy Sausage and Bean Hotpot</p> 	<p>Cheesy Broccoli Frittata with Chips</p> 
DESSERT	<p>Pineapple Upside Down Cake</p> 	<p>Cheese & Crackers</p> 	<p>Fruit Medley</p> 	<p>Strawberry & Apple Crumble with Ice Cream or Cream</p> 	<p>Vanilla Shortbread</p> 

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