

# WEEK 1



	LUNCH	PUDDING	TEA
MONDAY	Spaghetti Bolognese with Broccoli & garlic bread.  V & VG options	Yoghurt & Fruit	Beans on toast
TUESDAY	Fish Fingers, chips & peas.  V & VG options	Blueberry muffin & fruit	Muffin pizzas
WEDNESDAY	Chicken fajitas, tortilla chips and salad  V & VG options	Short bread & Fruit	Saucy pasta with vegetables
THURSDAY	Jacket potato with beans, cheese or tuna. Cucumber & carrot sticks. V & VG options	Flapjack & Fruit	Sausages in a bun with veg sticks
FRIDAY	Tuna Pasta Bake with mixed Vegetables and parsley flat bread.  V & VG options	Yoghurt & Fruit	Scrambled egg & beans.