

# WEEK 1



	LUNCH	PUDDING	TEA
MONDAY	Sandwich/wraps, potatoes, boiled egg, vegs sticks, cheese, ham etc.	Malt loaf & Fruit	Saucy pasta with vegetables.
TUESDAY	Chicken in sauce, Rice & seasonal Vegetable	Jelly & fruit	Pesto and cheese quesadillas and veg sticks.
WEDNESDAY	Sausages, mash, and beans.	Yoghurt & Fruit	Sandwiches with soup.
THURSDAY	Spaghetti Bolognese With Broccoli & garlic bread.	Flapjack & Fruit	Meatballs and rice.
FRIDAY	Fish dippers, cous cous, salad and veg sticks.	Rice Pudding with jam & Fruit	Beans on toast