

WEEK 1



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