



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Chilli con carne with rice	Leek & potato soup with wholemeal bread	BBQ chicken and sweetcorn pasta	Fish in herb white sauce with mash potato	Split pea soup with wholemeal bread
<b>Puddings</b>	Fruit salad	Yogurt & fruit	Flapjack	Jelly with fruit	Rice Pudding

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Macaroni cheese with broccoli	Sweet and sour chicken with rice	Vegetable soup with wholemeal bread	Mince and tatties	Fish korma with rice
<b>Puddings</b>	Yogurt & fruit	Jelly with fruit	Rice Pudding	Fruit salad	Lemon cake

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Carrot and coriander soup with wholemeal bread	Pasta bolognese	Mediterranean fish pesto with rice	Tomato and basil soup with wholemeal bread	Lamb casserole with mash potato
<b>Puddings</b>	Rice Pudding	Apple flapjack	Jelly with fruit	Yogurt & fruit	Fruit salad

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Tuna white sauce pasta	Chicken tikka with rice	Lentil soup with wholemeal bread	Chicken stew with mash	Cajun fish pasta
<b>Puddings</b>	Oaty tray bake	Fruit salad	Yogurt & fruit	Choco banana cake	Jelly with fruit