



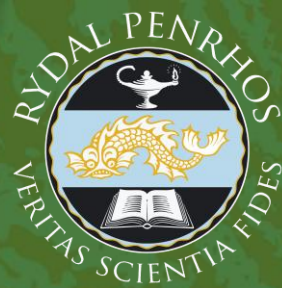
WEEK 1 PREP LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	BAKED CHICKEN SAUSAGE	PORK MEATBALLS TOMATO SAUCE	GAMMON	BBQ KOREAN STICKY CHICKEN GRILLED FLAT BREAD	COD GOUJON TACOS
NOURISH	BAKED GLAMORGAN SAUSAGE	SOYA & LENTIL MEATBALLS TOMATO SAUCE	CAULIFLOWER STEAK PINEAPPLE	SOY & BARLEY KOFTA KEBAB	QUORN TACO
SIDES	SWEET POTATO WEDGES GREEN BEANS CORN ON COB GRAVY	WHOLE WHEAT PENNE PASTA CARROTS BROCCOLI	MASH CAULIFLOWER PEAS CHEESE SAUCE	BROCCOLI SWEETCORN	POTATO PUFFS PEAS BEANS
JACKET/PASTA BAR	PASTA, BACON, MUSHROOM, CHEESE	JACKET BEANS CHEESE	PASTA TOMATO SAUCE	JACKET POTATO BEANS CHEESE	PASTA CHEESE SAUCE
DESSERT	BANANA & TOFFEE PANCAKES	BAKED ALASKA	APPLE, APRICOT & LEMON STRUDEL	STICKY ORANGE CARDAMON & GINGER PUDDING	BROWNIE COOKIES BERRRIES
DAILY FRUIT	WATERMELON PLUM	ORANGE WEDGES KIWI	SLICED APPLE GRAPES	PINEAPPLE BERRIES	WATERMELON MIXED FRUIT
SNACK	SHORTBREAD	PUMPKIN FLAPJACK	DATE COOKIES	BERRY FROZEN YOGURT	POPCORN



WEEK 2 PREP LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	BEEF CHILI NACHOS	BUTTERMILK CHICKEN	ROAST PORK APPLE & SAGE STUFFING	CRISPY CHICKEN PANCAKES	BAKED SALMON CHIMICHURRI
NOURISH	LENTIL & BEAN CHILI NACHOS	QUORN & POTATO BUTTERMILK PIECES	ROAST BUTTERNUT SAGE & APPLE STUFFING	VEGETABLE & BEAN STIRFRY	CHICKPEA & LENTIL BAKE
SIDES	TORTILLA CHIPS CHEESE CAULIFLOWER BAKED ZUCCHINI	MAC 'N' CHEESE CORN ON COB BROCCOLI	ROAST POTATO GRAVY CARROTS PEAS	VEGETABLE SPRING ROLLS BROCCOLI LOTUS ROOT	LEMON & HERB RICE STIR FRY GREEN BEANS AND SAMPHIRE
JACKET/PASTA BAR	PASTA CHEESE BEANS	JACKET POTATO BEANS CHEESE	PASTA CHEESE SAUCE	WHOLEMEAL PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE
DESSERT	CHOCOLATE RIPPLE CAKE	BISCOFF PIZZA	APPLE & PAR CRUMBLE CUSTARD	RED VELVET CUP CAKES	STRAWBERRY CRUMB BARS
DAILY FRUIT	WATERMELON PLUM	ORANGE WEDGES KIWI	SLICED APPLE GRAPES	PINEAPPLE BERRIES	WATERMELON MIXED FRUIT
SNACK	SHORTBREAD	PUMPKIN FLAPJACK	DATE COOKIES	BERRY FROZEN YOGURT	POPCORN



WEEK 3 PREP LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	MILK/FRUIT	MILK/FRUIT	MILK/FRUIT	MILK/FRUIT	MILK/FRUIT
CLASSIC	BAKED CHICKEN	WHOLEMEAL PIZZA	BRUNCH	BRAISED LAMB MASALA	BATTERED COD
NOURISH	FRIED HALOUMI, OLIVE & TOMATO	WHOLEMEAL PIZZA	BRUNCH	SWEET POTATO & BEAN MASALA	TEMPURA VEGETABLES
SIDES	POTATO CARROTS GREEN BEANS	SWEETCORN PEAS	TOMATO MUSHROOM SCRAMBLED EGG	PILAU RICE CUMIN ROAST CARROT SQUASH CORIANDER POMEGRANATE	CHIPS PEAS CORN ON COB
JACKET/PASTA BAR	WHOLEMEAL PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE	PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE	PASTA CHEESE SAUCE
DESSERT	LEMON DRIZZLE	STRAWBERRY SMOOTHIE	SPRINKLE CAKE & PEACHES	CHOCOLATE ORANGE CAKE	CARROT & APPLE CUPCAKES
DAILY FRUIT	WATERMELON PLUM	ORANGE WEDGES KIWI	SLICED APPLE GRAPES	PNEAPPLE BERRIES	WATERMELON MIXED FRUIT
SNACK	SHORTBREAD	PUMPKIN FLAPJACK	DATE COOKIES	BERRY FROZEN YOGURT	POPCORN