



WEEK 1 PREP LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	MEATBALLS TOMATO SAUCE	BAKED CHICKEN	ROAST PORK APRICOT & SAGE STUFFING	BBQ KOREAN STICKY CHICKEN FLATBREAD	BATTERED COD
NOURISH	SOYA & LENTIL MEATBALLS	FRIED HALOUMI, OLIVE, TOMATO & OREGANO	BUTTERNUT & CHICKPEA ROAST	SOY & BARLEY KOFTA KEBAB	FISHLESS FINGERS
SIDES	WHOLEMEAL PASTA CORN ON THE COB CAULIFLOWER	POTATOES GREEN BEANS CARROTS	ROAST POTATO GRAVY BROCCOLI PEAS	ROAST BUTTERNUT SQUASH SWEETCORN	TRIPLE COOKED CHIPS PEAS BEANS
JACKET/PASTA BAR	MASH BEANS CHEESE	WHOLEMEAL PASTA SAUCE CHEESE	MASH BEANS CHEESE	WHOLEMEAL PASTA SAUCE CHEESE	PASTA CHEESE SAUCE
DESSERT	CARROT & ORANGE SMOOTHIE	BANANA & CARAMEL PANCAKES	APPLE & PEAR CRUMBLE & CUSTARD	STICKY DATE SPONGE TOFFEE SAUCE	BROWNIE COOKIES
DAILY FRUIT	WATERMELON PLUM	ORANGE WEDGES KIWI	SLICED APPLE GRAPES	PINEAPPLE PEAR & BANANA	WATERMELON MIXED FRUIT
SNACK	SHORTBREAD	PUMPKIN FLAPJACK	DATE COOKIES	FROZEN FRUIT YOGURT	POPCORN



WEEK 2 PREP LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	BEEF CHILI NACHOS	BUTTERMILK CHICKEN	BRUNCH	CRISPY CHICKEN PANCAKES	COD FISH FINGERS OR SALMON CHIMICHURRI
NOURISH	LENTIL & BEAN CHILI NACHOS	QUORN & POTATO BUTTERMILK PIECES	BRUNCH	VEGETABLE & BEAN STIRFRY	CHICKPEA & LENTIL BAKE
SIDES	TORTILLA CHIPS CHEESE CAULIFLOWER BAKED ZUCCHINI	MAC 'N' CHEESE CORN ON COB BROCCOLI	HASH BROWN TOMATO MUSHROOMS BEANS FRIED EGG	VEGETABLE SPRING ROLLS BROCCOLI SWEETCORN LOTUS ROOT	RICE GREEN BEANS CARROTS
JACKET/PASTA BAR	WHOLEMEAL PASTA SAUCE CHEESE	MASH POTATO BEANS CHEESE	WHOLEMEAL PASTA SAUCE CHEESE	WHOLEMEAL PASTA SAUCE CHEESE	MASH POTATO BEANS CHEESE
DESSERT	CHOCOLATE RIPPLE CAKE	BANOFFI	SPRINKLE CAKE & PEACHES	STICKY ORANGE, GINGER & CARDAMON PUDDING	FRUIT CRUMB BARS
DAILY FRUIT	WATERMELON PLUM	ORANGE WEDGES KIWI	SLICED APPLE GRAPES	PINEAPPLE PEAR & BANANA	WATERMELON MIXED FRUIT
SNACK	SHORTBREAD	PUMPKIN FLAPJACK	DATE COOKIES	FROZEN FRUIT YOGURT	POPCORN



WEEK 3 PREP LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	MILK/FRUIT	MILK/FRUIT	MILK/FRUIT	MILK/FRUIT	MILK/FRUIT
CLASSIC	WHOLEMEAL PIZZA	BAKED CHICKEN SAUSAGE	GAMMON CHEESE SAUCE	BRAISED LAMB MASALA	GOD GOUJON TACOS
NOURISH	WHOLEMEAL PIZZA	BAKED GLAMORGAN SAUSAGE	SOYA & BEAN STEAK	SWEET POTATO & BEAN MASALA	QUORN TACOS
SIDES	CORN ON THE COB GREEN BEANS	MASH GREEN BEANS CARROTS GRAVY	WAFFLE FRIES CAULIFLOWER PEAS	PILAU RICE CUMIN ROAST CARROT SQUASH CORIANDER POMEGRANATE	POTATO PUFFS PEAS BEANS
JACKET/PASTA BAR	WHOLEMEAL PASTA SAUCE CHEESE	MASH BEANS CHEESE	WHOLEMEAL PASTA SAUCE CHEESE	MASH BEANS CHEESE	WHOLEMEAL PASTA SAUCE CHEESE
DESSERT	JAM & COCONUT SPONGE	CHOCOLATE ORANGE CAKE	APPLE, APRICOT & LEMON STRUDEL CUSTARD	LEMON DRIZZLE	BUTTERNUT BROWNIE
DAILY FRUIT	WATERMELON PLUM	ORANGE WEDGES KIWI	SLICED APPLE GRAPES	PNEAPPLE PEAR & BANANA	WATERMELON MIXED FRUIT
SNACK	SHORTBREAD	PUMPKIN FLAPJACK	DATE COOKIES	FROZEN FRUIT YOGURT	POPCORN