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|  Week 1 | Monday | Tuesday | Wednesday  | Thursday  | Friday(Short)  |
| ProteinOption 1Option 2 | TunaVegetable patties | Vegetarian shepherd’s pie | Scrambled eggsVegetable patties | QuicheLentil hot pot | Sandwiches:Tuna or eggMayonnaise  |
| Vegetables | Hot green beans Courgettes in tomato sauce | Hot green beans Courgettes in tomato sauce | Hot green beans Courgettes in tomato sauce | Hot green beans Courgettes in tomato sauce |  |
| CarbohyrdatesOption 1Option 2 | Pasta | Sweet potato mash | RiceChips | RiceCous cous | Whole meal breadWhite bread  |
| Desert | Fresh fruitYoghurt | Fresh fruitYoghurt | Fresh fruitYoghurt | Fresh fruitYoghurt | Fresh fruitYoghurt |
| Gluten free  | PastaVegetable patties | Vegetable pie | Vegetable patties  | Lentil hotpotRice  | Gluten free bread for sandwiches |
|  |  |  |  |  |  |
| Daily option of bread |
| Salad Bar:  | grated carrots, tomatoes, cucumber and mixed peppers |
| Fruit Salad:  | apple, melon, raisins, pears and banana |



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| Week 2 | Monday | Tuesday | Wednesday  | Thursday  | Friday(Short)  |
| ProteinOption 1Option 2 | Bean stewScrambled eggs | LasagneButter bean hotpot | FalafelHumous | Chilli con carniButter bean casserole | Tuna or eggMayonnaise |
| Vegetables | Hot corn or beetroot | Hot corn or beetroot | Hot corn or beetroot | Hot corn or beetroot |  |
| CarbohyrdatesOption 1Option 2 | Rice Cous cous | Rice Cous cous | PitaChips | Pasta | Whole meal breadWhite bread  |
| Desert | Fresh fruitYoghurt | Fresh fruitYoghurt | Fresh fruitYoghurt | Fresh fruitYoghurt | Fresh fruitYoghurt |
| Gluten free  | Bean stewRice | Butter bean hotpotRice | Eggs Chips | Butter bean casserolePasta | Gluten free bread for sandwiches  |
| Daily option of bread |
| Salad Bar:  | grated carrots, tomatoes, cucumber and mixed peppers |
| Fruit Salad:  | apple, melon, raisins, pears and banana |



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| Week 3 | Monday | Tuesday | Wednesday  | Thursday  | Friday(Short)  |
| ProteinOption 1Option 2 | Lentil hot potQuiche | LasagneChick pea hotpot | Veggi burgerhumous | Tuna bake Butter bean casserole  | Sandwiches:Tuna or eggMayonnaise  |
| Vegetables | Peas or carrots | Peas or carrots | Peas or carrots | Peas or carrots |  |
| CarbohyrdatesOption 1Option 2 | Cous cousRice  | Pasta | Burger bunChips | Mashed potatoes  | Whole meal breadWhite bread  |
| Desert | Fresh fruitYoghurt | Fresh fruitYoghurt | Fresh fruitYoghurt | Fresh fruitYoghurt | Fresh fruitYoghurt |
| Gluten free  | RiceLentil hotpot | PastaChick pea hot pot | Home made burger  | Butter bean casserole  | Gluten free bread for sandwiches  |
| Daily option of bread |
| Salad Bar:  | grated carrots, tomatoes, cucumber and mixed peppers |
| Fruit Salad:  | apple, melon, raisins, pears and banana |