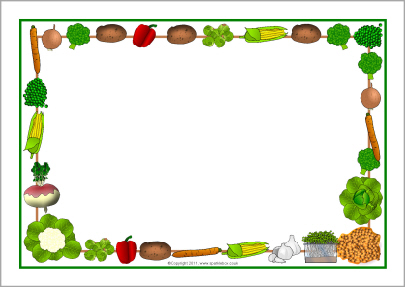
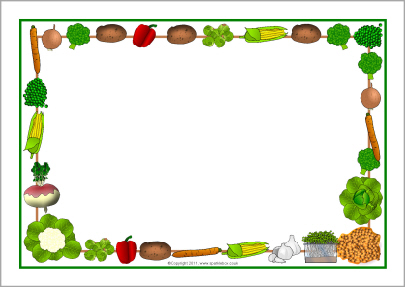


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| --- | --- | --- | --- | --- | --- | --- |
| Week 1 | | Monday | Tuesday | Wednesday | Thursday | Friday  (Short) |
| Protein  Option 1  Option 2 | | Tuna  Vegetable patties | Vegetarian shepherd’s pie | Scrambled eggs  Vegetable patties | Quiche  Lentil hot pot | Sandwiches:  Tuna or egg  Mayonnaise |
| 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 |  |
| Carbohyrdates  Option 1  Option 2 | | Pasta | Sweet potato mash | Rice  Chips | Rice  Cous cous | Whole meal bread  White bread |
| Desert | | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt |
| Gluten free | | Pasta  Vegetable patties | Vegetable pie | Vegetable patties | Lentil hotpot  Rice | 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) |
| Protein  Option 1  Option 2 | | Bean stew  Scrambled eggs | Lasagne  Butter bean hotpot | Falafel  Humous | Chilli con carni  Butter bean casserole | Tuna or egg  Mayonnaise |
| Vegetables | | Hot corn or beetroot | Hot corn or beetroot | Hot corn or beetroot | Hot corn or beetroot |  |
| Carbohyrdates  Option 1  Option 2 | | Rice  Cous cous | Rice  Cous cous | Pita  Chips | Pasta | Whole meal bread  White bread |
| Desert | | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt |
| Gluten free | | Bean stew  Rice | Butter bean hotpot  Rice | Eggs  Chips | Butter bean casserole  Pasta | 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) |
| Protein  Option 1  Option 2 | | Lentil hot pot  Quiche | Lasagne  Chick pea hotpot | Veggi burger  humous | Tuna bake  Butter bean casserole | Sandwiches:  Tuna or egg  Mayonnaise |
| Vegetables | | Peas or  carrots | Peas or  carrots | Peas or  carrots | Peas or  carrots |  |
| Carbohyrdates  Option 1  Option 2 | | Cous cous  Rice | Pasta | Burger bun  Chips | Mashed potatoes | Whole meal bread  White bread |
| Desert | | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt | Fresh fruit  Yoghurt |
| Gluten free | | Rice  Lentil hotpot | Pasta  Chick 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 | | | | | |