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| Week 1 | Monday | Tuesday  | Wednesday | Thursday | Friday(Short Friday) |
|  |  |  |  |  |  |
| ProteinOption 1Option 2 | Tuna Vegetable Patties | VegetarianShepherd's Pie | Scrambled EggVegetable Patties | QuicheLentil Hot Pot | Baked BeansCheese  |
| Vegetables | Hot Green BeansCourgettes in Tomatoes Sauce | Hot Green BeansCourgettes in Tomatoes Sauce | Hot Green BeansCourgettes in Tomatoes Sauce | Hot Green BeansCourgettes in Tomatoes Sauce |  |
| Carbohydrates |  Pasta | Sweet Potatoe Mash | Rice | Rice or Cous Cous | Baked Potato |
| Dessert | Fruit Salad Yogurt | Fruit Salad Yogurt | Fruit Salad Yogurt | Fruit Salad Yogurt | Fruit Salad Yogurt |
| Gluten Free | PastaVegetable Patties | Vegetable Pie | Vegetable Patties | Lentil Hot PotRice |  |
| Daily option of bread Salad Bar: grated carrots, tomatoes, cucumber and mixed peppersFruit Salad: apple, melon, raisins, pears and banana  |

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| Week 2 | Monday | Tuesday  | Wednesday | Thursday | Friday(Short Friday) |
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| ProteinOption 1Option 2 | Bean StewScrambled Eggs | LasagneButter Bean hotpot | FalafelHumous | Chilli Con CarniButter Bean Casserole | Tuna MayonnaiseEgg Mayonnaise |
| Vegetables | Hot CornBeetroot | Hot CornBeetroot | Hot CornBeetroot | Hot CornBeetroot  |  |
| Carbohydrates | Rice or Cous Cous | Rice or Cous Cous | PitaChips | Pasta | Whole Meal BreadWhite Bread |
| Dessert | Fruit Salad Yogurt | Fruit Salad Yogurt | Fruit Salad Yogurt | Fruit Salad Yogurt | Fruit Salad Yogurt |
| Gluten Free | Bean Stew | Butter Bean hotpotRice | EggChips | Butter Bean Casserole | Gluten Free BreadSandwiches |
| Daily option of bread Salad Bar: grated carrots, tomatoes, cucumber and mixed peppersFruit Salad: apple, melon, raisins, pears and banana  |

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| Week 3 | Monday | Tuesday  | Wednesday | Thursday | Friday(Short Friday) |
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| ProteinOption 1Option 2 | Lentil Hot PotQuiche | Veggi Lasagne Chick Pea Hot Pot | Veggi Burger | Tuna Bake | Tuna MayonnaiseEgg Mayonnaise |
| Vegetables | PeasCarrots | PeasCarrots | PeasCarrots | PeasCarrots | PeasCarrots |
| Carbohydrates | Cous CousRice |  | Burger BunChips | Mash poatoes | Whole Meal BreadWhite Bread |
| Dessert | Fruit Salad Yogurt | Fruit Salad Yogurt | Fruit Salad Yogurt | Fruit Salad Yogurt | Fruit Salad Yogurt |
| Gluten Free | Lentil Hot PotRice | Chick Pea Hot Potpasta | Homemade Burger | Butter Bean Casserole | Gluten Free BreadSandwiches |
| Daily option of bread Salad Bar: grated carrots, tomatoes, cucumber and mixed peppersFruit Salad: apple, melon, raisins, pears and banana  |