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| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday  (Short Friday) |
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| Protein  Option 1  Option 2 | Tuna  Vegetable Patties | Vegetarian  Shepherd's Pie | Scrambled Egg  Vegetable Patties | Quiche  Lentil Hot Pot | Baked Beans  Cheese |
| Vegetables | Hot Green Beans  Courgettes in Tomatoes Sauce | Hot Green Beans  Courgettes in Tomatoes Sauce | Hot Green Beans  Courgettes in Tomatoes Sauce | Hot Green Beans  Courgettes 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 | Pasta  Vegetable Patties | Vegetable Pie | Vegetable Patties | Lentil Hot Pot  Rice |  |
| 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 Friday) |
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| Protein  Option 1  Option 2 | Bean Stew  Scrambled Eggs | Lasagne  Butter Bean hotpot | Falafel  Humous | Chilli Con Carni  Butter Bean Casserole | Tuna Mayonnaise  Egg Mayonnaise |
| Vegetables | Hot Corn  Beetroot | Hot Corn  Beetroot | Hot Corn  Beetroot | Hot Corn  Beetroot |  |
| Carbohydrates | Rice or Cous Cous | Rice or Cous Cous | Pita  Chips | Pasta | Whole Meal Bread  White Bread |
| Dessert | Fruit Salad  Yogurt | Fruit Salad  Yogurt | Fruit Salad  Yogurt | Fruit Salad  Yogurt | Fruit Salad  Yogurt |
| Gluten Free | Bean Stew | Butter Bean hotpot  Rice | Egg  Chips | Butter Bean Casserole | Gluten Free Bread  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 Friday) |
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| Protein  Option 1  Option 2 | Lentil Hot Pot  Quiche | Veggi Lasagne  Chick Pea Hot Pot | Veggi Burger | Tuna Bake | Tuna Mayonnaise  Egg Mayonnaise |
| Vegetables | Peas  Carrots | Peas  Carrots | Peas  Carrots | Peas  Carrots | Peas  Carrots |
| Carbohydrates | Cous Cous  Rice |  | Burger Bun  Chips | Mash poatoes | Whole Meal Bread  White Bread |
| Dessert | Fruit Salad  Yogurt | Fruit Salad  Yogurt | Fruit Salad  Yogurt | Fruit Salad  Yogurt | Fruit Salad  Yogurt |
| Gluten Free | Lentil Hot Pot  Rice | Chick Pea Hot Pot  pasta | Homemade Burger | Butter Bean Casserole | Gluten Free Bread  Sandwiches |
| Daily option of bread  Salad Bar: grated carrots, tomatoes, cucumber and mixed peppers  Fruit Salad: apple, melon, raisins, pears and banana | | | | | |