

**Week 1**

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>Lunch</b>	Cauliflower and lentil coconut curry with rice	Oven baked cod in tomato sauce with Mixed greens and rice	Lamb lasagna with homemade tomato and red peppers sauce, broccoli & green beans.	Chicken and root vegetable tagine with chickpeas and couscous	Fisherman's pie with spinach leaves, peas, sweetcorn and peppers
<b>Vegetarian Lunch</b>	Same as above	Italian bean casserole with Mixed greens and rice	Vegetarian lasagna with broccoli and green beans	Root vegetable tagine with chickpeas and couscous	Vegetarian pie with peas, sweetcorn and red peppers
<b>Dessert</b>	Seasonal fresh fruit	Natural yogurt and stewed fruit	Seasonal fresh fruit	Natural yogurt and stewed fruit	Friday treat
<b>High Tea</b>	Butternut Mac and Cheese	Carrot, cumin & beans soup with pasta/ couscous Bread & Butter	Broccoli and cauliflower bake	Red lentil and sweet potato soup + Bread & Butter	Vegetarian Paella

**Week 2**

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>Lunch</b>	Squash, spinach & ricotta pasta	Lamb chili con carne with rice, green beans and peas	Spaghetti Bolognese with homemade tomato and red pepper sauce with mixed seasonal veg	Chicken casserole with Barley and steamed mixed vegetables	Fish fingers, sweet potato wedges and steamed special veg mix
<b>Vegetarian Lunch</b>	Same as above	Quorn chili con carne with rice, green beans and peas	Quorn Spaghetti Bolognese with homemade tomato and red pepper sauce with mixed seasonal veg	Bean casserole with Barley and steamed mixed vegetables	Veggie fingers, sweet potato wedges with steamed special veg mix
<b>Dessert</b>	Seasonal fresh fruit	Natural yogurt with stewed fruit	Seasonal fresh fruit	Natural yogurt with stewed fruit	Friday treat
<b>High Tea</b>	Jollof Rice and vegetables	Broccoli and white bean soup with Break & Butter	Sweet potato and pineapple korma with naan bread	Macaroni with homemade Italian sauce	Roasted vegetable pasta bake

**Week 3**

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>Lunch</b>	Quorn or Bean shepherd's pie with cauliflower mash, peas and green beans	Mild chicken korma with rice, peas and sweetcorn	Tuna and broccoli pasta bake with steamed mix vegetables	Lamb casserole with root vegetable mash and steamed greens	White fish, Butternut Squash and Barley Oven-baked Risotto
<b>Vegetarian Lunch</b>	Same as above	Vegetable korma with rice, peas and sweetcorn	Vegetable pasta bake with steamed mix vegetables	Vegetable casserole with root veg mash and steamed greens	Same as above
<b>Dessert</b>	Seasonal fresh fruit	Natural yogurt + stewed fruit	Seasonal fresh fruit	Natural yogurt + stewed fruit	Friday treat
<b>High tea</b>	Spaghetti with leeks, peas and pesto/basil sauce	Winter couscous and vegetables	Vegetable Goulash	Lentil and seasonal vegetable stew	Hearty white bean & vegetable soup with pasta/ couscous Bread and butter

**Week 4**

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>Lunch</b>	Lentil and butternut squash lasagna with steamed seasonal vegetables	Lamb Shepherd's pie with sweet potato mash and leeks	Haddock and leek bake with sliced potatoes and steamed greens	Chicken pasta bake with peas and carrots	Creamy Fish Curry and mixed vegetables and rice
<b>Vegetarian options</b>	Same as above	Quorn Shepherd's pie with sweet potato mash and leeks	Vegetable bake with sliced potatoes and steamed greens	Vegetable pasta bake with peas and carrots	Creamy vegetable curry with rice
<b>Dessert</b>	Seasonal fresh fruit	Natural yogurt with stewed fruit	Seasonal fresh fruit	Natural yogurt with stewed fruit	Friday Treat
<b>High tea</b>	Winter vegetables couscous	Butternut Macaroni and cheese	Italian Bean Casserole and quinoa	Red lentil, butternut squash and kale soup	Veggie risotto

