

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
*Breakfast	Cereal	Cereal	Toast	Cereal	Toast
Lunch	Lentil Curry, spinach and mushroom curry with boiled rice	Fish, Broccoli, Cauliflower and new potatoes with a white sauce	Moroccan lamb with green beans, tomatoes and couscous	Mediterranean stroganoff with mixed lentils, tomatoes, onion, courgette, sweet corn, spinach and broccoli with Rice	Pasta bolognaise with carrots, tomatoes and mushroom with Cheese
Vegetarian Option	Same as above	Cheese, peas, butterbean and broccoli bake with mash	Moroccan courgette, mushroom and chick pea sauce with couscous	Same as above	Green beans, haricot beans and mangetout bolognaise
Pudding	Rice pudding & sultana's	Peach flan and cream	Fruit flavoured yoghurt	Apple crumble and custard	Strawberry Eaton mess
Tea	Tortilla wraps with tuna and cheese salad Selection of fruit	Wholemeal toast and beans Selection of fruit	Soup (Leek and potato. tomato or veg) Selection of fruit	Sandwiches- cheese and tomato, chicken mayo and ham Selection fruit	Baked potato with tuna, sweetcorn and cucumber filling Selection of fruit

*** Breakfast: Toast will be either wholemeal or white bread
Cereal will be a low sugar cereal for example cornflakes or rice crispies**