

		Week1	Week 2	W1 desserts	W2 desserts	Snacks
Monday	Lunch	Sweet Potato Chilli Con Carne, made with lentils, pulses and tomato served with cous cous	Mixed bean casserole with quinoa and bulgar wheat	Homemade biscuits	Upside Down Cake	fruit sticks
	Tea	Hearty vegetable stew with crusty bread	Butternut and spinach puff pastry tarts			vegetable sticks
Tuesday	Lunch	Roast Chicken or home-made bean patties with potato wedges, broccoli and cauliflower	Chicken or chickpea curry served with wild rice	Rice pudding and jam	Seasonal Crumble	plain popcorn
	Tea	Tomato and bell pepper quiche made with baby spinach and tomato	Macaroni Cheese with peas and sweetcorn			Raisins
Wednesday	Lunch	Steamed Cod with boiled new potato and seasonal veg	Breaded cod or lentil falafel with grilled root veg	Fruit Salad and cream	Carrot Cake	crackers
	Tea	Mixed vegetable pasta bake	Jacket potato with beans, cheese and crudite			breadsticks
Thursday	Lunch	Chicken or Vegetable Pot Pie	Chicken or veg lasange	Oatmeal flapjacks	Greek Yoghurt and stewed apple	kallo ricecakes
	Tea	Wild rice risotto served with mixed vegetables	Vegetarian Jambalaya			
Friday	Lunch	Grilled salmon or stuffed butternut and grilled mediterranean veg	Quinoa and mixed veg with flaked salmon or 5 bean salad	Baked pears and custard	Ice cream	
	Tea	Yoghurt dough cheesy pizza	Frittata with bell peppers, mushrooms and other vegetables			

