Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main option 1	Cottage pie Roast potato Green beans and gravy	Tandoori spiced shredded chicken Rice Peas	Roast chicken Mashed potato Mixed veg and gravy	Cheese pizza Herby diced potatoes Sweetcorn	Fish fingers Chips Beans or sweetcorn
Main option 2	Vegan pasta bolognese Crusty bread Green beans	Macaroni cheese (optional with salmon) Crusty bread and peas	Vegan "chicken" pie Mashed potato Mixed veg and gravy	Vegetable soup Crusty bread Salad	Vegan dippers Chips Beans or sweetcorn
Light bites		Jacket potato with cheese,	beans	or vegan bolognese	
		Cheese,	ham	or jam (vg) sandwich	
Dessert 1	Oaty biscuit	Chocolate shortbread (optional custard)	Selection of home-baked biscuits and cakes (vg option available)	Vanilla cupcakes	Selection of home-baked biscuits and cakes (vg option available)
Dessert 2	Fruit jelly	Fruit crumble (optional custard)	Fruit jelly	Fruit-topped strawberry mousse	Ice cream
Healthy option		Fruit	or yoghurt		

For clearer reference of noted allergens, please refer to the icons below: