

WEEK 1

	Week 1 Mon	Week 1 Tue	Week 1 Wed	Week 1 Thu	Week 1 Fri
Main Option A	Chicken Casserole Wholegrain Rice Broccoli Carrots	Savoury Mince with Yorkshire pudding Roast potatoes Peas Swede	Roast Turkey with gravy Boiled potatoes Sweetcorn Broccoli	Spaghetti Bolognaise Green Beans Carrots	Salmon Fish Fingers Baked wedges Beans
Main Option B (vegetarian)	VegeMince Chilli con carne Wholegrain rice Broccoli	Baked bean lasagna Peas	Macaroni cheese Broccoli	Sweet potato and chickpea curry Wholegrain rice Green beans	Cheese & onion pastry Baked wedges Beans
Dessert Option A	Fruit salad and ice cream	Oaty cookie with apple slices	Rice pudding with sultanas	Chocolate brownie with custard	Lemon drizzle cake
Dessert Option B	NOT AVAILABLE	NOT AVAILABLE	Fresh fruit	Fresh fruit	Fresh fruit
Dessert Option C	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

New menu – week 1 of 3 – Sept 2015