

Three-Week Regular Lunch Menu
Week one

Date	Yummy Main	Yummy Sweet
Monday	Moroccan vegetable tagine with chick peas served with bulgar wheat	Chocolate and beetroot cake
Tuesday	Beef bolognese with whole wheat penne served with raw veggies	Fresh melon slices
Wednesday	Fish pie (Pollack) with red pepper and cauliflower in a béchamel sauce topped with sautéed potatoes served with raw veggies	Pear and date flapjacks
Thursday	Roast chicken with broccoli and pea pesto served with noodles served with raw veggies	Strawberry yoghurt

Three-Week Regular Lunch Menu
Week two

Date	Yummy Main	Yummy Sweet
Monday	Seasonal roast vegetables with broccoli and red lentils served with bulgar wheat	Apple and raisin flapjacks
Tuesday	Beef chili con carne with red kidney beans served with basmati rice raw fresh veggies	Mixed fruit crumble with custard
Wednesday	Pollack fillet in a creamy white sauce with diced carrot and garden peas served with sautéed potatoes and mixed vegetables raw fresh veggies	Black cherry yoghurt
Thursday	Poached chicken pieces with diced baby vegetables in a creamy white sauce served with noodles raw fresh veggies	Juicy carrot cake

Three-Week Regular Lunch Menu
Week three

Date	Yummy Main	Yummy Sweet
Monday	Turkey meatballs with spinach and peas in tomato sauce served with herby couscous	Marble cake
Tuesday	Macaroni cheese with tuna and sweetcorn fresh raw veggies	Peach yoghurt
Wednesday	Slow cooked beef stew with root vegetables and mushrooms served with crunchy diced potatoes fresh raw veggies	Fresh orange wedges
Thursday	Caribbean mango chicken with butternut squash and baby-corn served with basmati rice fresh raw veggies	Forest fruit cake