

LUNCHES

WEEK 1



Monday

Meatballs and pasta.
Followed by fruit flapjack.

Tuesday

Macaroni cheese served with peas
and diced carrots. Followed by
natural yoghurt berry coulis.

Wednesday

Jackets, beans and cheese
Followed by fresh fruit salad.

Thursday

Mid-week chicken dinner; Roast
chicken breast in gravy served
with seasonal vegetables and
mashed potato. Followed by jelly.

WEEK 2

Monday

Sausage, mash and peas.
Followed by apple and cinnamon
sponge.

Tuesday

Chicken and basil pasta.
Followed by fruit salad.

Wednesday

Beef stew: Braised beef, diced
potato, thyme and parsnip sauce
Followed by fruit yoghurt.

Thursday

Bacon and broccoli pasta
Followed by chocolate and orange
sponge.



WEEK 3



Monday

Bacon pasta
Followed by fruit yoghurts.

Tuesday

Vegan chilli and rice
Followed by bananas and custard.

Wednesday

Mac and cheese.
Followed by flapjack.

Thursday

Sausage and butter bean stew
served with rice.
Followed by fruit and yoghurt.

