



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Course	Macaroni cheese with peas (v)	Mince & new potatoes with skirlie	Sweet & sour chicken with noodles	Steak pie with boiled potatoes	Scampi, peas & boiled potatoes
	Vegetarian	Pasta with tomato & herb sauce (dairy free)	Sweet potato stew with rice	Sweet & sour vegetables with noodles	Vegetable & cheese wrap	Mediterranean vegetable lasagne
Week 2	Main Course	Chicken & vegetable pie with boiled potatoes	Baked potato with beans, cheese & tossed salad	Fish pie with potato topping	Tandoori spiced chicken & rice	Cream of chicken soup & sandwiches
	Vegetarian	Vegetable moussaka (dairy free)		Vegetable spring roll	Mushroom & potato curry with rice	Vegetable broth & sandwiches
Week 3	Main Course	Roast chicken, skirlie & potatoes	Shepherd's pie & vegetables	Chicken korma with rice & naan	Lasagne al forno with crusty bread & tossed salad	Sausage, mashed potato & gravy with peas & sweetcorn
	Vegetarian	Mexican bean stew with rice	Vegetarian shepherd's pie & vegetables	Vegetable korma with rice & naan	Vegetable tagine with fruit couscous	Vegetarian sausage, mashed potato & gravy with peas & sweetcorn
Week 4	Main Course	BBQ chicken pittas with potato wedges & coleslaw	Meatballs in tomato sauce with penne pasta	Fish goujons with boiled potatoes & peas	Spaghetti bolognese with garlic bread	Cream of tomato soup & sandwiches
	Vegetarian	Cheese & tomato pittas with potato wedges & coleslaw	Tomato & herb ragu	Carrot & coriander goujons with boiled potatoes & peas	Vegetarian cottage pie with vegetables	Vegetable broth soup & sandwiches