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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Red Band | Cheeseburger in a bun with potato wedges and a choice of vegetable sticks, salad and coleslaw. | Macaroni Cheese served with pes, cauliflower and garlic bread. | Chicken Curry with rice served with a nan bread finger, sweetcorn and peas. | Sausages with gravy served with mashed potato, carrots and broccoli. | Fish and chips with salad and peas. |
| Green Band  (Vegetarian alternative) | Vegetable burger in a bun with potato wedges and a choice of vegetable sticks, salad and coleslaw. | Tomato and pepper pasta with salad and carrot. | Vegetable Curry with rice served with a nan bread finger, sweetcorn and peas. | Veggie sausages with gravy served with mashed potato, carrots and broccoli. | Quorn Nuggets and chips with salad and peas. |
| Yellow Band  Baked potato with filling or a cold pasta dish. (served with salad and vegetable sticks) | Tuna Pasta only | Baked potato with: Baked beans or Tuna | Baked potato with:  Cold filling  Tuna or cheese  Hot Filling  Chicken/Vegetable curry | Chicken Mayo and sweetcorn pasta only. | Cheese or tuna |
| Blue Band | Wrap  Chicken or cheese  Served with soup of the day and vegetable sticks. | Sandwich  Ham or cheese  Served with soup of the day and vegetable sticks. | Soft Bap  Cheese or tuna  Served with soup of the day and vegetable sticks. | Wrap  Ham and cheese or Cheese.  Served with soup of the day and vegetable sticks. | Sandwich  Chicken or cheese  Served with soup of the day and vegetable sticks. |
| Choice of soup, sweet treat, fruit or yogurt | Lentil soup, fruit, yogurt or jelly. | Roasted Sweet Potato soup, home baking or fruit. | Lentil soup, fruit, yogurt or home baking. | Hearty Vegetable Soup  Ice cream or fruit | Lentil soup fruit, yogurt or jelly. |
| All meals are served with milk or water and two portions of vegetables. | | | | | |