

Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup (Ve)	Tangy Tomato Soup	Vegetable Soup (Ve)	Leek and Potato Soup (Ve)	Vegetable Soup (Ve)
Option 1	Bangers 'N' Mash (Broccoli, Carrot)	Chicken Nuggets with Potato Wedges (Rainbow Salad, Coleslaw) (serve with condiment)	Margherita Pizza (V) (Broccoli, Mexican-Style Corn Salad)	Sloppy Joe's Tacos (Rainbow Salad, Coleslaw)	Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)
Option 2	Creamy Pesto Bow-Tie Pasta with Garlic Bread (V) (Broccoli, Carrot)	Selection of Sandwich: Cheese (V), Tuna Mayo, or Turkey (Rainbow Salad, Coleslaw)	Oriental Chow Mein (Ve) (Broccoli, Mexican-Style Corn Salad)	Selection of Jacket Potato: Cheese (V) or Beans (V) (Rainbow Salad, Coleslaw)	Vegetable Curry with Rice (Ve) (Sweetcorn, Spinach Salad)
Dessert	Fruity Yoghurt (V)	Orange Jelly (Ve)	Oaty Flapjack (V)	Fruit Salad (Ve)	Vanilla Ice Cream (V)

(V) – Vegetarian

(VE) – Vegan