



WEEK ONE – LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Lunch Main Course	Lunch Main Course	Lunch Main Course	Lunch Main Course
Low fat sausages Quorn sausages Mash Carrots Baked beans	Roast Chicken Dinner Homemade salmon risotto New potatoes Broccoli, cauliflower cheese	Homemade Quorn lasagne Gammon Corn on the cob Wedges, mushrooms and garlic bread	Homemade chicken curry Wholemeal rice Homemade macaroni cheese Green beans and spinach
SALAD	SALAD	SALAD	SALAD
Bar	Bar	Bar	Bar
Chicken wrap with tomato wedges	Jacket Beans Tuna	Cheese & Onion Wrap Tomatoes wedges	Jacket Cheese Coleslaw
DESSERT	DESSERT	DESSERT	DESSERT
Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt