

Menu Sample

	MON	TUES	WED	THURS	FRI
WEEK 1	<p>Pork Meat Balls with Tomato Sauce and Pasta</p> <p>Mc and Cheese Served With Garlic Bread and Salad (V)</p>	<p>Chicken Curry with Rice & Naan</p> <p>Cheesy Swirls With Mashed Potatoes & Beans (V)</p>	<p>Minced Beef Pasta Bake With Garlic Bread & Salad</p> <p>Chick Pea & Lentil Curry With Rice</p>	<p>Chicken Chow Mein With Prawn Crackers</p> <p>Home Made Cheese & Onion Pie With Chips & Beans (V)</p>	<p>Hand Battered Cod With Chips , peas or beans</p> <p>Cheese & Tomato Pizza (V)</p> <p>Chocolate Rice Crispy Cake</p>
WEEK 2	<p>Cottage Pie</p> <p>Cheese Flan With Salad and Wedges (V)</p>	<p>Sausage, Mash and Onion Gravy With Vegetables</p> <p>Creamy Vegetable Lattice Slice (V)</p> <p>Blue Berry Muffins</p>	<p>Beef Lasagne With Garlic Bread & Salad</p> <p>Quorn Chilli With Rice</p>	<p>Sweet & Sour Chicken With Egg Fried Rice and Prawn Crackers</p> <p>Home Made Cheese & Onion Pie With Mash & Beans (V)</p>	<p>Hand Battered Cod With Chips , peas or beans</p> <p>Cheese & Tomato Pizza (V)</p> <p>Iced Fingers</p>
WEEK 3	<p>Chicken & Vegetable Pie With Vegetables and Potatoes</p> <p>Quorn Sausages In Onion Gravy With Mashed Potatoes (V)</p> <p>Jam Doughnuts</p>	<p>Chilli Con Carni With Rice and Garlic Bread</p> <p>Spicy Bean Burger With Tossed Salad (V)</p>	<p>Minced Beef & Onion Pie With Vegetables & Potatoes</p> <p>Cheese & Onion Flan With Wedges & Salad (V)</p>	<p>Pork Meat Balls With Tomato Sauce & Pasta</p> <p>Home Made Cheese & Onion Pie With Mash & Beans (V)</p>	<p>Hand Battered Cod With Chips , peas or beans</p> <p>Cheese & Tomato Pizza (V)</p> <p>Chocolate Rice Crispy Cake</p>
WEEK 4	<p>Chicken Arabiatta With Garlic Bread</p> <p>Vegan Sausage Roll with Mash & Beans (V)</p>	<p>Minced Beef and Onion Pie With Veg/Pots</p> <p>Spicy Vegetable Fajita's With Wedges & Salad (V)</p>	<p>Roast Chicken Dinner</p> <p>Chick Pea & Lentil Curry With Rice (V)</p>	<p>Lamb Kheema With Rice</p> <p>Home Made Cheese & Onion Pie With Mash & Beans (V)</p>	<p>Hand Battered Cod With Chips , peas or beans</p> <p>Cheese & Tomato Pizza (V)</p> <p>Jam Doughnuts</p>
WEEK 5	<p>Spaghetti Bolognese with Garlic Bread</p> <p>Quorn & Vegetable Pasta Bake (V)</p>	<p>Chicken Chassuer With Vegetables & Potatoes</p> <p>Cheese Swirls With Mash & Beans (V)</p>	<p>Lasagne Pasta Bake With Garlic Bread & Tossed Salad</p> <p>Veggie Lasagne With Tossed Salad & Garlic Bread (V)</p>	<p>Beef Curry With Rice & Naan Bread</p> <p>Home Made Cheese & Onion Pie With Mash & Beans (V)</p>	<p>Hand Battered Cod With Chips , peas or beans</p> <p>Cheese & Tomato Pizza (V)</p> <p>Chocolate Chip Muffins</p>
WEEK 6	<p>Home Made Meat and Potato Pie With Veg/Pots</p> <p>Cheese & Onion Pasty With Vegetables & Potatoes (V)</p>	<p>Chilli Con Carni With Rice & Garlic Bread</p> <p>Spicy Bean Burger (V)</p>	<p>Chicken Fajita's With Wedges and Salad</p> <p>Veggie Lasagne With Tossed Salad & Garlic Bread (V)</p>	<p>Beef Lasagne With Garlic Bread & Tossed Salad</p> <p>Home Made Cheese & Onion Pie With Mash & Beans (V)</p>	<p>Hand Battered Cod With Chips , peas or beans</p> <p>Cheese & Tomato Pizza (V)</p> <p>Iced Fingers</p>