

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	MAINS	1.SALMON FISH STARS 2.VEGGIE BITES,GRAVY	1.CHICKEN TAGLIATELLE 2.MARGARITA PIZZA	1.BOLOGNESE PASTA 2.FIVE BEAN HOTPOT	1.ROAST PORK, APPLE SAUCE & STUFFING 2.VEGETABLE PIE	1.CHICKEN BURGER IN BAP 2.GLAMORGAN SAUSAGE
	VEG, CARBS & SALAD	CREAMED POTATO COUNTY VEG SWEETCORN	GARLIC AND HERB NEW POTATOES PEAS & MIXED SALAD	SLICED NEW POTATOES HOMEMADE BREAD SWEETCORN & BROCCOLI	ROAST POTATOES GRAVY, CARROTS CAULIFLOWER	CHIPS CARROTS,CUCUMBER & COLESLAW
	DRINK AND DESERTS	FRESH FRUIT OR YOGHURT	SHORT BREAD AND FRUIT	FRESH FRUIT OR YOGHURT	APPLE SYRUP SPONGE & CUSTARD	FRESH FRUIT OR YOGHURT
WEEK 2	MAINS	1.BBQ CHICKEN 2.CAULIFLOWER DAHL	1.PENNE PASTA ARRABIATA 2.SAUSAGE PIZZA	1.BEEF CHILL 2.MAC & CHEESE	1.ROAST TURKEY STUFFING 2.VEG TART	1.FISH BURGER 2.CHEESE & ONION SLICE
	VEG, CARBS SALAD	BOILED RICE SWEETCORN AND PEAS	GARLIC BREAD, MIXED SALAD RAINBOW	SAVOURY RICE CARROT & CUCUMBER STICKS, CHERRY TOM'S	ROAST POTATO ,GRAVY, CARROTS & SEASONAL GREENS	SEASONED WEDGES AND BAKED BEANS
	DRINK AND DESERTS	FRESH FRUIT OR YOGHURT	APPLE & CINNAMON FLAPJACK	FRESH FRUIT OR YOGHURT	CHOC ORANGE SAUCY PUDDING	FRESH FRUIT OR YOGHURT
WEEK 3	MAINS	1.BIG BREAKFAST 2.WELSH RAREBIT	1.CHICKEN KORMA 2.PESTO PASTA	1.LASAGNE 2.CREAMY BROCCOLI BAKE	1.ROAST CHICKEN WITH STUFFING 2.SAGE & ONION LOAF	1.BATTERED FISH 2.VEG BURGER
	VEG, CARBS & SALAD	WAFFLE, BEANS GRILLED TOMATO	PILAU RICE, PEAS & SWEETCORN	GARLIC BREAD, MIXED SALAD & COLESLAW	CREAMED POTATOES CARROTS, BROCCOLI OR CAULIFLOWER	CHIPS, PEAS & SALAD
	DRINK AND DESERTS	FRESH FRUIT OR YOGHURT	OATY FRUIT COOKIE	FRESH FRUIT OR YOGHURT	FRUIT CRUMBLE & CUSTARD	FRESH FRUIT OR YOGHURT