

MAKE

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Italian Meatballs, Tomato & Basil Sauce & Whole wheat Pasta	Chicken Rogan Josh and Wholegrain Rice	Roast of the Day with Traditional Accompaniments	Shepherd's Pie Topped with Sweet Potato & Rosemary Mash	Crispy Fried Fish Or Salmon Fishcake, Lemon & Tartar Sauce
Vegetarian	Smokey BBQ Bean Enchiladas	Butternut Squash and Chickpea Tikka Masala & Wholegrain Rice	Oven Baked Vegetable Wellington	Shepherd less Veggie Pie	
Vegetables	Jacket Wedges Green Beans Carrots and Peas Baked Beans Mixed Garden Salad	Herby Diced Potatoes Broccoli Carrots Baked Beans Mixed Garden Salad	Roast Potatoes Seasonal Greens Mixed Vegetables Baked Beans Mixed Garden Salad	New Potatoes Sweetcorn Peas Baked Beans Mixed Garden Salad	Chipped Potatoes Mushy Peas Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				