



### Sample Four Week Menu Cycle

	Week One		Week Two	
	Lunch	Tea	Lunch	Tea
<b>Monday</b>	Macaroni cheese Mixed Salad Melon	Vegetable and potato frittata Salad	Vegetable & borlotti beans pasta Cheese Fresh fruit salad	Oven chips Veg sausages (V) Salad
<b>Tuesday</b>	Beef or Veg lasagne Broccoli Yoghurt	Sardines / Hummus (V) Pitta bread Vegetable sticks	Beef chilli or Bean chilli and rice, Salad Coleslaw Melon	Various sandwiches
<b>Wednesday</b>	Lentil spinach curry Rice Cucumber & tomato salad Fresh fruit	Various sandwiches	Vegetable & Quorn tagine, couscous Salad Yoghurt & fruit puree	Cheese and Fruit Home-made scones
<b>Thursday</b>	Chicken / vegetable pie Quorn & vegetable pie (V) Roast Potato Fresh fruit	Beans and vegetable soup	Roast chicken / Quorn roast (V) Roast potatoes Gravy Shredded cabbage Exotic fruit platter	Vegetable soup Fruit
<b>Friday</b>	Fish gratin Quorn gratin Garden peas Fresh fruit salad	Pitta bread Pizza rocket / spinach topping	Fish in pepper and tomato sauce bake Mashed potato Peas Ice cream & peaches	Veg burgers (V) Salad Salsa sauce Fruit

*Lunch includes: white / brown bread and various salads. Water is also available all day.*

*This menu is subject to change depending on seasonal produce*

	Week Three		Week Four	
	Lunch	Tea	Lunch	Tea
<b>Monday</b>	Lentil & mushroom lasagne Carrots Fresh fruit	Hummus Pitta bread Salad	Jacket potato, Baked beans, cheese Green salad Rice pudding	Potato wedges BBQ veg sausages (V)
<b>Tuesday</b>	Mixed bean casserole Mashed potato Broccoli Rice Pudding	Sandwiches	Vegetable bean pie (V) Carrots New potatoes Fruit	English muffins Pizza with various toppings Vegetable sticks
<b>Wednesday</b>	Chicken goulash Chickpeas & potato goulash (V) Rice Apple crumble	Herby tomato & vegetable soup	Beef stew or Veg mince stew (V) Jollof rice Sweet corn Fresh fruit	Sandwiches: Tuna & shredded carrot, Cheese, Cheese & tomato
<b>Thursday</b>	Beef spaghetti bolognaise or veg spaghetti bolognaise Mixed salad / cabbage Fresh fruit platter	Garlic pizza Salad	Moroccan chicken or Quorn (V) Lemon couscous Broccoli Melon	Vegetable soup Bread and butter
<b>Friday</b>	Fish fingers Veg burgers Chips Salad Semolina with fruit	Jacket potato Beans Cheese	Fisherman's pie with crumb topping Veg pie (V) Carrots and peas Yoghurt	Picnic platter: Cheese, carrot, cucumber, celery, Hummus Pitta bread

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