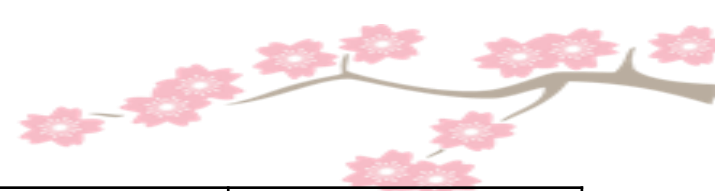




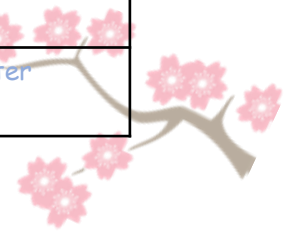


Week One Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>A selection of cereal with milk and croissants.</p> 	<p>A selection of cereal with milk and pancakes.</p> 	<p>A selection of cereal with milk and bagels.</p> 	<p>A selection of cereal with milk and wholemeal toast.</p> 	<p>A selection of cereal with milk and crumpets.</p> 
LUNCH	<p>Spinach and cheese tagliatelle</p> 	<p>Roast vegetables & lamb meatballs in a rich tomato Ragu with couscous</p> <p>Ratatouille with plant in a ragu sauce with couscous</p> 	<p>Midweek Turkey Roast with roast potatoes, carrot and broccoli</p> <p>Nut free roast with roast potatoes, carrots and broccoli</p> 	<p>Vegetable and mixed bean Korma</p> 	<p>Poached salmon with white sauce, new potatoes and broccoli</p> <p>Vegetables and chickpea cakes with new potatoes and broccoli</p> 
PUDDING	<p>Dairy Free Pear crumble</p>	<p>Carrot Cake</p> 	<p>Braised peaches and cream</p> 	<p>Melon Platter</p>	<p>Greek yoghurt, finely chopped apple & raisins</p> 
DINNER	<p>Chicken, butter bean and vegetable soup</p> <p>Butter bean and Vegetable Soup</p> <p>with warm crusty roll</p> 	<p>Sweet chilli noodles with chicken</p> <p>Sweet chilli noodles with plant pieces</p> 	<p>Macaroni cheese with green beans</p> 	<p>Humous</p> <p>Carrot & cucumber sticks</p> <p>Lebanese bread</p> 	<p>Turkey Pizza Pittas</p> <p>Vegetable Pizza pittas</p> 
PUDDING	<p>Fruit selection</p>	<p>Satsumas</p>	<p>Date flapjacks</p>	<p>Banana & Custard</p> 	<p>Fruit platter</p>



Week Two Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>A selection of cereal with milk and croissants.</p> 	<p>A selection of cereal with milk and pancakes.</p> 	<p>A selection of cereal with milk and bagels.</p> 	<p>A selection of cereal with milk and wholemeal toast.</p> 	<p>A selection of cereal with milk and crumpets.</p> 
LUNCH	<p>Pomodoro & Cheese Fusilli with Mixed veg & Sugar snap peas</p> 	<p>Shepherd's pie with peas and broccoli</p> <p>Plant mince shepherd's pie with peas and broccoli</p> 	<p>Turkey curry with coconut, spinach & rice</p> <p>Chickpea curry with coconut, spinach & rice.</p> 	<p>Lentil & Leek casserole with lemon couscous and mixed veg</p> 	<p>Cod goujons, potato wedges & peas</p> <p>Vegetable fingers in breadcrumb, potato wedges & peas</p> 
PUDDING	<p>Semolina Pudding with fruit compote</p> 	<p>Fruit Platter</p>	<p>Pear crumble</p> 	<p>Pineapple upside down cake</p> 	<p>Greek yoghurt and apple puree</p> 
DINNER	<p>Butternut squash & ginger soup and bread with warm crusty roll</p> 	<p>Chicken and vegetable stir fry noodles</p> <p>Vegetable and plant stir fry noodles</p> 	<p>Cheese, tomato and onion quiche</p> 	<p>Salmon risotto</p> <p>Black bean risotto</p> 	<p>Tomato & Basil Soup with Garlic bread</p> 
PUDDING	<p>Cupcakes</p> 	<p>Bread & Butter pudding</p> 	<p>Ginger biscuits</p> 	<p>Banana & Custard</p> 	<p>Mixed fruit & cheese platter</p> 



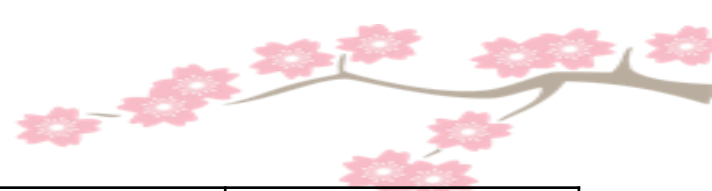
Week Three Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>A selection of cereal with milk and croissants.</p> 	<p>A selection of cereal with milk and pancakes.</p> 	<p>A selection of cereal with milk and bagels.</p> 	<p>A selection of cereal with milk and wholemeal toast.</p> 	<p>A selection of cereal with milk and crumpets.</p> 
LUNCH	<p>Macaroni Cheese & Garlic bread with peas</p> 	<p>Lamb tagine with couscous Lentil tagine with couscous</p> 	<p>Chicken & Potato dauphinoise with broccoli Plant pieces & Potato dauphinoise with broccoli.</p> 	<p>Bean & vegetable hotpot</p> 	<p>Herby Salmon in sauce, rice & mange tout Mixed vegetables in sauce. Rice & mange tout</p> 
PUDDING	<p>Melon</p> 	<p>Warm semolina pudding</p> 	<p>Pear crumble</p> 	<p>Fresh fruit platter</p> 	<p>Apple and cinnamon crumble</p> 
DINNER	<p>Chicken Sandwiches and watercress soup Houmous sandwiches and watercress soup</p> 	<p>Paneer, Potato and Pea curry with Naan</p> 	<p>Egg and vegetable Frittata with Salad Lentil and vegetable frittata with Salad</p> 	<p>Turkey strips Vegetable fingers, sweet potato wedges and homemade tomato ketchup</p> 	<p>Cheese and bean Quesadilla</p> 
PUDDING	<p>Pan fried Mango</p> 	<p>Gingerbread</p> 	<p>Fruit Puree & Yoghurt</p> 	<p>Carrot and apple cake</p> 	<p>Satsumas</p> 



Week Four Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>A selection of cereal with milk and croissants.</p> 	<p>A selection of cereal with milk and pancakes.</p> 	<p>A selection of cereal with milk and bagels.</p> 	<p>A selection of cereal with milk and wholemeal toast.</p> 	<p>A selection of cereal with milk and crumpets.</p> 
LUNCH	<p>Lentil Bolognese with Wholewheat spaghetti, mushrooms and courgette</p> 	<p>Sweet & Sour Chicken, couscous & green beans</p> <p>Sweet & Sour plant pieces, couscous & green beans</p> 	<p>Jacket potato with tuna & veg stir fry</p> <p>Jacket potato with cheese, beans & veg stir fry</p> 	<p>Mixed vegetable Biryani with cucumber & mint raita</p> 	<p>Fish & potato pie with vegetables</p> <p>Vegetable and potato pie with sliced carrots</p> 
PUDDING	<p>Mixed berry platter</p>	<p>Chocolate chip cookies</p> 	<p>Tropical Smoothie</p> 	<p>Fruit Platter</p>	<p>Yoghurt and fruit compote</p> 
DINNER	<p>Chicken, leek & potato soup with a crusty roll</p> <p>Leek & Potato Soup with a crusty roll</p> 	<p>Nut free pesto penne with broccoli</p> 	<p>Turkey & Courgette panini</p> <p>Plant pieces & Courgette panini</p> 	<p>Lamb keema with pitta bread</p> <p>Lentil and carrot dahl with pitta bread</p> 	<p>Egg fried rice with peas</p> <p>Vegetable fried rice with peas</p> 
PUDDING	<p>Rice Pudding with coconut milk</p> 	<p>Fresh fruit salad</p>	<p>Banana and Custard</p> 	<p>Beetroot Cake</p> 	<p>Melon Medley</p>

