



<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Main Meal</b>	Short Topped Crust Chicken Pie	Spaghetti Bolognese	Roast Ham & Pineapple	Keema Lamb Curry	Battered Cod With Lemon
<b>Vegetarian Meal</b>	Vegetable Quiche	Macaroni Cheese	Vegetarian Sausage	Vegetable Curry	Mixed Bean Chilli
<b>Carbs</b>	New Potato's	Garlic Bread	Herb Infused Potato's	Coriander basmati Rice	Chips/Jacket Potatoes
<b>Vegetables</b>	Carrots Garden peas	Carrots Sweetcorn	Broccoli Cauliflower	Refresher Salad	Mushy Peas Or Baked Beans
<b>Dessert</b>	Creamed Rice Pudding & Preserves	Jam Sponge & Custard	Apple Crumble & Custard	Chocolate Sponge & Custard	Cold Dessert
<b>WEEK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Main Meal</b>	Short crust Mince Beef Pie	Sweet & Sour Chicken	Roast Pork & Stuffing Balls	Chicken Tikka Masala	Battered Cod With Lemon
<b>Vegetarian Meal</b>	Creamed Vegetable Pie	Quorn Chilli-Con-Carne	Vegetarian Sausage	Channa Masala	Spanish Omelet
<b>Carbs</b>	New Potato's	Rice	Herb Infused potato's	Coriander Basmati Rice	Chips/Jacket Potato's
<b>Vegetables</b>	Carrots Sweetcorn	Mixed Leaf Salad Tomato & Cucumber	Carrots Cauliflower	Cucumber Refresher Salad	Mushy Peas/Baked Beans
<b>Dessert</b>	Cornflake Tart & Custard	Syrup Sponge & Custard	Fruit Crumble & Custard	Chocolate Sponge & Custard	Cold Dessert
<b>WEEK 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Main Meal</b>	Shortcrust Meat & Potato Pie	Beef Lasagne	Roast Beef & Yorkshire Puddings	Chicken Bhuna	Battered Cod With Lemon
<b>Vegetarian Meal</b>	Quorn Cottage Pie	Sweet Potato Hot Pot	Cauliflower Cheese	Lentil & Vegetable Curry	Roasted Pepper Tomato Pasta
<b>Carbs</b>	New Potato's	Garlic Bread	Herb Infused potato's	Coriander Basmati Rice	Chips/Jacket Potato's
<b>Vegetables</b>	Carrots Garden Peas	Mixed Leaf Salad Tomato & Cucumber	Carrots Broccoli	Cucumber Refresher Salad	Mushy Peas/Baked Beans
<b>Dessert</b>	Bread & Butter Pudding & Custard	Lemon Sponge & Custard	Apple & Cinnamon & Custard	Chocolate Sponge & Custard	Cold Dessert