

Week 1 - Week Beginning - 04/09/17, 02/10/17, 06/11/17, 04/12/17

Monday	Tuesday	Wednesday	Thursday	Friday
Greek Salad with Feta Cheese	Carrot/Sweetcorn/ Cabbage Salad	Green Salad	Lentil/Orange Salad	Potato Salad
Coleslaw	Green Salad	Coleslaw	Green Salad	Green Salad
Homemade Beef / Lamb Burgers	Pork/Chicken Casserole	Beef / Lamb Tagliatelle with Bolognese Sauce	Roast Chicken	Steamed Salmon with Rosemary
Chips	Basmati Rice		Roast Potatoes	
Jacket Potatoes	Jacket Potatoes with Tuna	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes with Tuna
Yoghurt Dip			Tzatziki Dip	Bruschetta
Caramelised Onions / Green Beans	Sprouts	Sweetcorn / Peas	Broccoli / Carrots	Beetroot / Cauliflower
Vegetable Burgers	Chick Peas with Dill	Tagliatelle with Vegetables	Spinach Pie	Roast Butter Beans
Fresh Fruit / Orange and Cinnamon Cake	Fresh Fruit Chocolate Mosaic Cake	Fresh Fruit Apple Pie	Fresh Fruit Yoghurt and Honey	Fresh Fruit Semolina Halva Pudding

Week 2 - Week Beginning - 11/09/17, 09/10/17, 13/11/17, 11/12/17

Monday	Tuesday	Wednesday	Thursday	Friday
Pomegranate Salad Vinaigrette Dressing	Spinach / Dried Fruit Salad	Greek Salad with Feta Cheese	Carrot/Beetroot Salad	Carrot / Sweetcorn Salad
Coleslaw	Coleslaw	Coleslaw	Green Salad	Green Salad
Chicken Curry or Chicken Soup	Roast Lamb Giouvetsi (Lamb with Orzo Pasta)	Vegetables Stuffed with rice	Grilled Chicken Souvlaki (Kebabs)	Grilled Fish Fillet / Fish Burgers
Rice	Orzo Pasta	Roast Potatoes	Chips	Sweet Potato Mash
Jacket Potatoes	Jacket Potatoes	Jacket Potatoes with Tuna	Jacket Potatoes	Jacket Potatoes with Tuna
Feta/Cheese Cake	Yoghurt with Mint		Tzatziki Dip	
	Cauliflower / Carrots	Broccoli	Sweetcorn	Cabbage
Quorn Vegetable Curry or Quorn Vegetable Soup	Green Beans with onions, garlic and tomatoes	Frittata with vegetables	Spinach and Mushroom Risotto	Falafel with Yoghurt Dip
Fresh Fruit / Ice Cream with Dried Fruits	Fresh Fruit Cinnamon Apples	Fresh Fruit Raisin and Tangerine Cake	Fresh Fruit Yoghurt and Honey	Fresh Fruit Chocolate Cake / Custard

Week 3 - Week Beginning - 18/09/17, 16/10/17, 20/11/17, 18/12/17

Monday	Tuesday	Wednesday	Thursday	Friday
Sweetcorn and Pepper Salad	Carrot/Cabbage Salad	Spinach and Dried Fruit Salad	Greek Salad with Feta Cheese	Sweetcorn and Pepper Salad
Coleslaw	Green Salad	Coleslaw	Green Salad	Coleslaw
Pizza	Turkey Casserole	Beef Meatballs	Roast Pork / Chicken	Sardines with Oregano
Basil Pasta	Mashed Potatoes	Spaghetti / Chips	Rice with Mixed Vegetables	Chips or Potato Salad
Jacket Potatoes with Tuna	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes with Tuna
		Tzatziki Dip		Alliada Dip (Mashed Potatoes with Garlic)
Green Beans / Cauliflower	Sweetcorn	Carrots	Peas	Broccoli / Courgettes
Vegetable Pizza	Peas with onions, carrots, garlic and tomatoes	Quorn Balls in Tomato Sauce	Oven Roasted Aubergines	Lentil / Rosemary Soup
Fresh Fruit / Yoghurt with Honey	Fresh Fruit Vanilla /Coconut Cake	Fresh Fruit Cinnamon Rice Pudding	Fresh Fruit Fruit Tart	Fresh Fruit Chocolate Ice Cream

Week 4 - Week Beginning - 25/09/17, 30/10/17, 27/11/17

Monday	Tuesday	Wednesday	Thursday	Friday
Carrot / Beetroot Salad	Carrot/Cabbage / Sprouts Salad	Spinach and Dried Fruit Salad	Pomegranate Salad	Greek Salad with Feta Cheese
Green Salad	Green Salad	Coleslaw	Coleslaw	Green Salad
Beef Stew	Jerk Chicken	Moussaka	Roast Lamb / Beef	Fish Fingers
Macaroni / Mashed Potatoes	Rice		Roast Potatoes	Chips
Jacket Potatoes	Jacket Potatoes	Jacket Potatoes with Tuna	Jacket Potatoes	Jacket Potatoes with Tuna
	Tzatziki Dip			
Green Beans	Caramelised Onions	Cauliflower	Sweetcorn / Peas	Broccoli
Cheese Flan	Potato / Courgette Bake	Vegetarian Moussaka	Fava Peas with Onions / Tomatoes	Vegetable Fingers
Fresh Fruit / Yoghurt with Honey	Fresh Fruit Fruit Tart	Fresh Fruit Flap Jacks	Fresh Fruit Yoghurt with Honey	Fresh Fruit Chocolate Biscuits /Custard