






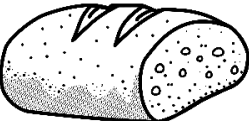




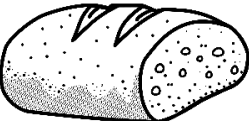






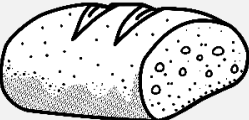


Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 		Sandwiches	Soup	Hotdogs in rolls & Chips	Chicken Baguette & Salad
Vegetables 		Cucumber Tomatoes Peppers Lettuce		Beans	Cucumber Tomatoes Peppers Lettuce
Carbohydrates 		Bread	Bread	Chips Bread	Bread
2 nd Choice				Beans on toast	Sandwiches with salad
Desert 				Ice cream sundae	Strudel and Custard
2 nd Choice Desert 				Yogurt or Fruit	Yogurt or Fruit



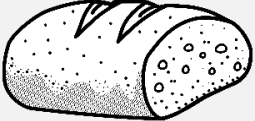


Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Spaghetti Bolognese with Garlic bread	Enchiladas with Salad	Shepherd's pie With veg	Pizza , chips And beans	Tomato & basil Tart with Salad
Vegetables 	Tomatoes Onion Lettuce Cucumber Onion	Tomatoes Cucumber Pepper Lettuce Onion	Green beans Carrots onion		Cucumber Tomatoes Peppers Lettuce Onion
Carbohydrates 	Pasta Bread	Wraps Potato	Potato Bread	Chips Bread	Pastry Bread
2nd Choice	Sandwiches And salad	Jacket potato with salad	Panini & salad	Soup & crusty roll	Sub roll & Salad
Desert 	Cake & custard	Fruit crumble & Custard	Apple pie & Ice cream	Vienetta	Chocolate Gateau
2nd Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Pasta bake With salad &	Mince & dumplings Mash & veg	Chicken curry	Fish fingers chips & peas	Steak baguette with Salad
Vegetables 	Tinned Tomatoes Onion Cucumber Tomatoes Peppers Lettuce	carrots peas Cucumber Tomatoes Peppers Lettuce	Onion Cucumber Tomatoes Peppers Lettuce	Peas	Cucumber Tomatoes Peppers Lettuce Onion
Carbohydrates 	Pasta Bread	Potato	Rice Bread	Chips Bread	Bread
2nd Choice	sandwiches & salad	Jacket potato with Salad	Panini & salad	Soup & crusty roll	Sub rolls & salad
Desert 	Meringue nests with Cream & fruit	Cheesecake	Chocolate Trifle	Ice cream sundae	Tray bake & Custard
2nd Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Spaghetti & Meatballs	Roast chicken dinner	Sausage casserole With new potatoes	Chicken burger Chips & sweetcorn	Quiche & salad
Vegetables 	Tinned Tomatoes Onion Cucumber Tomatoes Peppers Lettuce	Carrots Green Beans Broccoli	Peppers Onion Cucumber Tomatoes Peppers Lettuce	Sweetcorn Cucumber Tomatoes Peppers Lettuce	Peas Peppers Onion Cucumber Tomatoes Lettuce
Carbohydrates 	Pasta Bread	Potatoes Bread	Potatoes Bread	Chips Potatoes	Bread Pastry
2nd Choice	sandwiches & salad	Soup & roll	Panini & salad	Jackets & salad	Sub rolls & salad
Desert 	Banoffi pie	Scones jam & Cream	Flapjacks	Ice cream	Cake & Custard
2nd Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Macaroni cheese With salad & Garlic bread	Fajitas & salad	Beef casserole with Mashed potato & Veg	Chicken nuggets , Chips & sweetcorn	Homemade soup & Crusty rolls
Vegetables 	Pepper Cucumber Tomatoes Lettuce Onion	Peppers Tinned Tomatoes Cucumber Tomatoes Peppers Lettuce	Peppers Tomatoes Cucumber Lettuce Carrots Green Beans	Peppers Tomatoes Cucumber Lettuce Sweetcorn	Peppers Tomatoes Cucumber Peppers Lettuce
Carbohydrates 	Pasta Bread	Wraps Potatoes	Potato Bread	Chips Bread	Bread
2nd Choice	Sandwiches & salad	Jacket potato & Salad	Panini & salad	Soup & roll	Sandwiches & Salad
Desert 	Marble cake & Custard	Cherry pie & Ice cream	Cheesecake	Iced cupcakes	Strudel & custard
2nd Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Lasagne & salad	Enchiladas & salad	Beef casserole with Mashed potato & Veg	pizza , Chips & sweetcorn	Lunches from Different Cultures British Lunch
Vegetables 	Pepper Tinned Tomatoes Cucumber Onion Tomatoes Lettuce	Peppers Tomatoes Cucumber Onion Lettuce	Peppers Tomatoes Cucumber Lettuce Carrots Green beans	Peppers Tomatoes Cucumber Lettuce Sweetcorn	Peppers Tomatoes Cucumber Lettuce Broccoli Green Beans
Carbohydrates 	Pasta Bread	Wraps Potatoes	Mashed potato Bread	Chips Bread	Crusty bread
2nd Choice	sandwiches & salad	Jacket potato & Salad	panini & salad	Soup & roll	Sub rolls & Salad
Desert 	Fruit salad & cream	Chocolate crispy cakes	Cheesecake	Iced cupcakes	Bakewell tart & cream
2nd Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Lunches from Different Cultures Diwali Lunch	Spanish Chicken & Potatoes	Chilli & rice	Hotdogs & chips beans	Quiche & salad
Vegetables 		Peppers Tomatoes Cucumber Onion Lettuce	Peppers Tomatoes Cucumber Kidney Beans Onion Lettuce	Beans	Peppers Tomatoes Cucumber Onion Lettuce Beetroot
Carbohydrates 		Wraps Potato	Potato Bread	Chips Bread	Bread
2nd Choice		Jacket potato & Salad	Panini & salad	Soup & roll	Ham/ Tuna Salad
Desert 		Apple pie & Ice cream	Gateau	Cupcakes	Strudel & custard
2nd Choice Desert 		Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit