

Menu 2

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
		Leek & potato		Fish in herb	Split pea soup
	Chilli con carne	soup with	Hunters chicken	white sauce with	with wholemeal
Mains	with rice	wholemeal bread	pasta	mash potato	bread
Puddings	Fruit salad	Yogurt & fruit	Flapjack	Jelly with fruit	Rice Pudding

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
			Vegetable soup		
	Macaroni cheese	Sweet and sour	with wholemeal		Fish korma with
Mains	with broccoli	chicken with rice	bread	Mince and tatties	rice
Puddings	Yogurt & fruit	Jelly with fruit	Rice Pudding	Fruit salad	Lemon cake

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Carrot and				
	coriander soup			Tomato and basil	Lamb casserole
	with wholemeal		Mediterranean	soup with	with mash
Mains	bread	Pasta bolognese	fish with rice	wholemeal bread	potato
Puddings	Rice Pudding	Apple flapjack	Jelly with fruit	Yogurt & fruit	Fruit salad

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
	Tuna white sauce	Chicken tikka	Lentil soup with	Chicken stew	
Mains	pasta	with rice	wholemeal bread	with mash	Cajun fish pasta
				Choco banana	
Puddings	Oaty tray bake	Fruit salad	Yogurt & fruit	cake	Jelly with fruit