

DAILY Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegan meatball in rich tomato sauce (8.5gr)	BBQ jerk chicken (0)	Lamb Kofta (2gr.)	Beef lasagne (12gr per 100gr serving)	Takeaway day Battered Pollock (12.24gr 60 gr fillet)
Vegetarian	Gluten free baked bubble salmon (30gr two fillet)	Mexican Quorn wrap (24.1gr)	Vegetarian mini spring rolls (27.7gr x5 spring rolls)	Baked vegetarian sausages with tomato and vegetables (5gr. 2 sausages)	Takeaway day Vegan sausage roll (39gr)
Alternative	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)
Accompaniments	Seasonal vegetables Steamed rice 100gr (31gr) or pasta 100gr serving(13.3gr)	Seasonal vegetables Steamed rice 100gr (31gr)	Seasonal vegetables Steamed rice 100gr (31gr) or Oriental egg noodles 100gr (13.3gr)	Seasonal vegetables Steamed rice 100gr (31gr) or garlic bread 2 slices (24.1gr)	Seasonal vegetables Steamed rice 100gr (31gr) or Chips 70 gr serving (14.7)
Extras	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Coconut curry with sweet potatoes and pumpkin(47gr)	Salmon fish cake 1(16.8gr)	Chicken sausages 2 with caramelised red onion gravy(2.6gr)	Beef pasta baked with mozzarella 100gr (17gr)	Takeaway day Fish fingers 4 (22.4gr)
Vegetarian	Mac and cheese 100gr (21gr)	Quorn and vegetables paella 100gr (17.1)	Vegetable gratin (31gr)	Tofu with sweet and sour sauce 100gr (19.7gr)	Takeaway day Mexican vegetarian burrito each (55gr)
Alternative	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)
Accompaniments	Steamed rice 100gr (31gr) Mini naan bread 1 (18.9gr) Seasonal vegetables	Steamed rice 100gr (31gr) or Oven baked barley100gr (28gr) Seasonal vegetables	Steamed rice 100gr (31gr) or Olive oil mash potatoes 120gr (17gr) Seasonal vegetables	Steamed rice 100gr (31gr) Seasonal vegetables	Steamed rice 100gr (31gr) Or Chips 70gr (14.7gr) Seasonal vegetables
Extras	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt (8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Quorn lasagna 100gr (17gr)	Madras chicken curry with cauliflower and chickpea (12gr)	Beef burger with salad(with bun 50.8gr)	Irish stew 100gr (50gr)	Takeaway day Fish fingers 4 (22.4gr)
Vegetarian	Vegetarian meatball bruschetta 1bruschetta (23.3gr)	Spanish tortilla 100gr (16gr)	Vegan nuggets 100gr (16gr)	Vegan fish fillet (21.97gr)	Takeaway day Vegetable pizza per slice (16gr)
Alternative	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)	Jacket Potato (60's) (36gr) with either Cheese(0gr) Beans(6.5gr)
Accompaniments	Steamed rice 100gr (31gr) or Whole meal penne pasta 100gr (32gr) Seasonal vegetables	Steamed rice 100gr (31gr) Naan bread (18.9gr) Seasonal vegetables	Steamed rice 100gr (31gr) or Criss cuts potatoes 100gr (24gr) Seasonal vegetables	Steamed rice 100gr (31gr) or Colcannon potatoes 100gr (13gr) Seasonal vegetables	Steamed rice 100gr (31gr) Or Chips 70gr (14.7gr) Steamed Vegetables
Extras	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)	Fruit Yeo Valley Yoghurt(8.48gr) Cheese and crackers x2 (2.16gr)