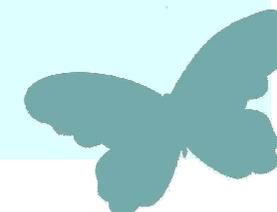


WEEK 1	LUNCH	LUNCH INGREDIENTS	DESSERT	DESSERT INGREDIENTS	TEA	TEA INGREDIENTS
MONDAY	Cauliflower & Broccoli Cheese Pie	Cauliflower, broccoli, semi-skimmed milk, onion, cloves, fresh nutmeg, butter, plain flour, cheddar cheese, puff pastry, eggs	Variety of Sumer fresh fruit	Apples, oranges, melon, pineapple	A platter of Sandwiches	Brown bread, butter, tuna, cheese, and egg
TUESDAY	BBQ Chicken with Wild Rice	Chicken thighs, barbecue sauce, Spring onions, basmati rice, thyme, garlic clove, chopped	Yoghurt	Strawberry, raspberry vanilla	Cheesy Jacket Potatoes	Potatoes, cheddar cheese, butter
WEDNESDAY	Chicken Enchiladas	Olive oil, onion, peppers, garlic, chicken breast, tortilla wraps, tomato & basil sauce, cheddar cheese	Banana Cake	Butter, caster sugar, vanilla extract, eggs, bananas, self-rising flour, milk	Crumpets with crudités	Crumpets, butter Cucumber sticks, tomatoes
THURSDAY	Spaghetti & meat balls	Turkey mince, tomatoes, mixed peppers, garlic, mixed herbs, spaghetti pasta, black pepper	Blueberry Tart	Flour salt sugar butter, White vinegar cinnamon blueberries	A platter of Sandwiches	Brown bread, butter, tuna, cheese, and egg
FRIDAY	Flaky cod catch with creamy chive sauce served with boiled potatoes and green beans	Milk, corn flour, cheddar cheese, cod pieces, chopped chives, boiled potatoes, green beans	Yoghurt	Strawberry, raspberry, vanilla	Baked beans on granary bread	Bakes beans, granary bread, butter



WEEK 2	LUNCH	LUNCH INGREDIENTS	DESSERT	DESSERT INGREDIENTS	TEA	TEA INGREDIENTS
MONDAY	Mixed vegetable and creamy tomato Pasta Bows	Pasta, garlic, mixed vegetables, tomatoes, pasta	Eaton Mess with fresh fruit	Meringues, cream, strawberries, and raspberries	Bubble & Squeak	Mashed potatoes, butter, milk cooked cabbage, carrots
TUESDAY	White Rice Chicken Noodles	Olive oil, mixed peppers, garlic cloves, carrots, thyme, bay leaf, chicken stock, white rice, chicken, black pepper, thin noodles	Yoghurt	Strawberry & Vanilla	Tuna Melt with Cucumber Sticks	Tuna, spring onion, cheddar cheese, granary bread, cucumber
WEDNESDAY	Chickpeas & Cauliflower Curry with Rice and Naan Bread	Naan bread, chickpeas, potatoes, cauliflower, onions, garlic, mushrooms, broccoli, tomatoes, curry powder	Apple and Raisin cookies and sliced apple	Brown sugar, butter, egg, all purpose flour, baking soda, apple, raisins	Sandwich Platter	Granary bread, butter, egg, cheddar cheese, turkey slices
THURSDAY	Lamb Casserole with Cous Cous	Plain flour, sea salt and black pepper, lamb, vegetable oil, shallots, carrot, ground cinnamon, tin chopped tomatoes, lamb stock, peas, mint, Cous cous	Yoghurt	Strawberry & Vanilla	Savoury rice cakes with vegetable crudités	Rice cakes, carrot sticks, pepper sticks, cucumber, cream cheese
FRIDAY	Mixed Fish Pie with Broccoli & Cauliflower	Salmon, smoked haddock, potatoes, butter, milk, cheese, leeks, mushrooms, sweetcorn, broccoli, cauliflower	Lemon & Raspberry fool	Crushed digestive biscuits, unsalted butter, yogurt, lemon zest and juice, caster sugar, raspberries	Wholemeal pitta pockets filled with crispy salad and turkey slices	Wholemeal pita bread, salad, turkey slices

