

Sep-17

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
ham sandwich cheese sandwich chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand Basilico (PK)(G.F/V)V Bbq Cod loin (G.F) Bolognese Sauce(G.F) Chicken flatbread Chicken Tikka (PK) Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni quorn Mushroom Stroganoff (G.F/V)	ham sandwich cheese sandwich Arrabiata (PK) (G.F/V)V chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand caramelised pork chops with apple(G.F) Cheese Onion & pepper Flan(V) Chicken and Leek Pie Chicken flatbread Pulled Pork (PK) Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni	ham sandwich cheese sandwich chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand Beef Lasagne Boston Bean Casserole Chicken flatbread Chicken Italiano (PK) (G.F) PomodoroPK) (G.F/V)V Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni roast pork (G.F)	ham sandwich cheese sandwich chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand cheese pasta(V) Chicken flatbread Chicken korma(G.F) Cheese burger (PK) Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni Sticky Salmon(G.F) Zingy Peppers (PK) (G.F/V)V	ham sandwich cheese sandwich chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand beef bourguignon(G.F) Chicken flatbread Veggie Chilli Beef (PK)/(V)V counrty veg burgers Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni scampi
50/50 rice Baked Potato Cooked Pasta fortified pasta garlic bread slices Vegetable Soup	Baked Potato fortified pasta New Potatoes Vegetable Soup	Baked Potato fortified pasta Mashed potato Vegetable Soup	50/50 rice Baked Potato fortified pasta New Potatoes Vegetable Soup	50/50 rice Baked Potato chips fortified pasta Vegetable Soup
baked beans Green Salad plated salad	baked beans Mixed Salad Mixed vegetables plated salad	baked beans broccoli Carrots plated salad	baked beans Pea & Sweetcorn Medley plated salad	mushy peas baked beans plated salad
fresh fruit Apple apple and grape bags Apricot Rice Pudding Banana chocolate fridge squares(T.B) Fruit yoghurt Oranges	fresh fruit Apple apple and grape bags Apricot Flapjack(T.B) Banana Custard Fruit yoghurt Oranges Oaty fruit crunch	fresh fruit Apple apple and grape bags Banana chocolate crunch with cranberries9t.B) Fruit yoghurt Oranges summer fruit pots	fresh fruit Apple apple and grape bags Banana chocolate sauce Chocolate Sponge Fruit yoghurt oat and chocolate slice9T.B) Oranges	fresh fruit Apple apple and grape bags Banana chocolate crackle(T.B) Fruit yoghurt Cookies Oranges
banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(oran)
Sandwich bread Garlic Bread	Sandwich bread	Sandwich bread	Sandwich bread naan bread	Sandwich bread
P.K = PASTA KING G.F = GLUTEN FREE V= VEGETARIAN T.B = TRAY BAKE V=VEGAN				