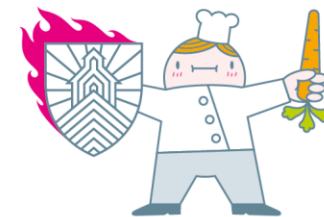


WHAT'S FOR LUNCH?

WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Tomato, red pepper and chickpea spaghetti (VG) GLUTEN	Sweet potato and spinach dhal (VG) or spiced chicken with rice MUSTARD	Baked mushrooms (VG) or chicken, with egg noodles GLUTEN, SOY & EGG	Cottage pie lentil (VG) or lamb with sweet potato mash and homemade gravy CELERY, MILK & GLUTEN	Jacket potatoes with homemade baked beans and cheese (VG) MILK
TEA	Cheese and carrot sandwiches on homemade bread MILK & GLUTEN	Minestrone soup with homemade croutons GLUTEN	Sweetcorn fritters GLUTEN, EGG & MILK	Cucumber sandwiches on homemade bread with cherry tomatoes GLUTEN	Cheese and tomato frittata EGG & MILK
SNACK	Apple wedges	Carrot and celery sticks CELERY	Cheese and red pepper sticks GLUTEN & MILK	Satsumas	Kiwi
VEGETABLES	Roasted broccoli	Cucumber salad	Sugar snap peas	Sweetcorn	Crunchy salad
BREAD	Rosemary focaccia GLUTEN	Flat breads GLUTEN	Crispy coriander bread GLUTEN	Garlic dough balls GLUTEN	Wholemeal bloomer GLUTEN
DESSERT	Greek yoghurt with pomegranate MILK	Banana	Apple crumble GLUTEN & MILK	Greek yoghurt with fruit MILK	Butternut squash cake EGGS, MILK & GLUTEN