

WEEK 1

Carbs and Vegetables may differ from those shown

Monday



Breaded Fish
& Chips
or



Veggie Fried Rice &
Curry Sauce
or



Homemade Soup with Egg
Mayo Sandwich



Yoghurt & Fruit

Tuesday



Cheese Burger with Diced
Potatoes
or



Veggie
Enchiladas
or



Homemade Soup with
Ham Sandwich



Oaty Cookie & Fruit

Wednesday



Homemade Sweet and Sour
Chicken & Rice
or



Homemade
Pizza Baguette
or



Homemade Soup with
Tuna Mayo Sandwich



Fruit Muffin & Fruit

Thursday



Steak Pie &
Boiled Potatoes
or



Vegan
Hot Dog
or



Homemade Soup with
Cheese Sandwich



Fruit Platter

Friday



Monday



Macaroni Cheese with Garlic Bread
or



Veggie Curry with Rice
or



Homemade Soup with Tuna Sandwich



Yoghurt & Fruit

Tuesday



Mince & Tatties
or



Quorn Dippers & Chips
or



Homemade Soup & Cheese Sandwich



Honey Fruit Sponge

Wednesday



Sausage Roll with Mashed Potatoes
or



Veggie Fajitas
or



Homemade Soup with Ham Sandwich



Fruit Platter

Thursday



Mild Beef Chilli with Rice
or



Cheese & Tomato Pizza
or



Homemade Soup with Sliced Chicken Sandwich



Ice Cream & Fruit

Friday



Monday



Pork Sausage
Hotdog

or



Veggie Noodles & Homemade
Tortilla Chips

or



Homemade Soup with
Ham Sandwich



Yoghurt & Fruit

Tuesday



Salmon Nibbles &
Chips

or

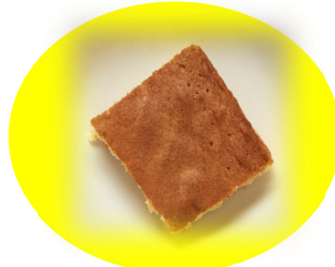


Macaroni Cheese &
Garlic Bread

or



Homemade Soup with
Sliced Chicken Sandwich



Apple Cake & Fruit

Wednesday



Chicken Curry
& Rice

or



Homemade Veggie Burger
with Diced Potatoes

or



Homemade Soup with
Cheese Sandwich



Fruit Platter

Thursday



Spaghetti Bolognese
& Garlic Bread

or



Veggie Sausage Roll with
Mash & Beans

or



Homemade Soup
with Egg Mayo Sandwich



Jelly & Fruit

Friday

