

WEEK 1

Monday

Poached salmon in a Spanish tomato sauce with brown rice, green beans and baguette

(V) Plant based salmon in a Spanish tomato sauce with brown rice, green beans and baguette

Natural yoghurt with pineapple and apricot

Tuesday

Roast chicken, roast potatoes, swede, cabbage, stuffing, gravy and baguette

(V) Roast Quorn, roast potatoes, swede, cabbage, stuffing, gravy and baguette

Fruit salad

Wednesday

(V) Three greens and cheese pasta bake with carrots and garlic bread

Fruit salad

Thursday

Beef mince cottage pie with carrots, peas and mashed potato topping served with broccoli and baguette

(V) Lentil pie with carrots, peas and mashed potato topping served with broccoli and baguette

Fruit salad

Friday

Lamb mince, vegetable and chickpea tagine with bulgar wheat and pitta

(V) Butter bean, vegetable and chickpea tagine with bulgar wheat and pitta

Natural yoghurt and Strawberry and Mango

Alternative food will be ordered for children with dietary requirements. Allergen information on these meals is available on request.