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| --- | --- | --- | --- | --- | --- |
| **Day** | **Week 1 Lunch** | **Week 2 Lunch** | **Week 3 Lunch** | **Week 4 Lunch** | **Dinner** |
| **Monday** | **Vegetarian Sausages**  **Cous cous and peppers** | **Quorn Chilli**  **Rice and peas** | **Vegetarian Nuggets**  **Cous cous and mixed vegetables** | **Quorn Bolognaise**  **Spaghetti with mixed vegetables** | **Pasta**  **Tomato sauce and sweetcorn** |
| **Tuesday** | **Tuna Pasta Salad**  **With vegetables** | **Falafel**  **Cous cous and Israeli Salad** | **Tuna**  **Rice and peas** | **Cod**  **potato and peas** | **Baked Beans on toast** |
| **Wednesday** | **Salmon En Croute**  **Boiled potatoes with peas** | **Jacket Potato**  **and cheese with sweetcorn** | **Teriyaki Salmon**  **Rice and mixed veg** | **Macaroni Cheese**  **and sweetcorn** | **Cous Cous**  **Tuna and mixed vegetables** |
| **Thursday** | **Fish Fingers**  **New Potato and sweetcorn** | **Tuna**  **Tomato spaghetti with sweetcorn** | **Pizza**  **Vegetarian** | **Salmon**  **Cous Cous and sweetcorn** | **Jacket Potato**  **and baked beans** |

**Morning Snack- vegetables**

**Afternoon Snack – Fruit and biscuit/ crackers/breadstick**

**Evening Sandwich options – tuna/butter/jam**