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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**