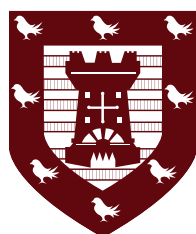


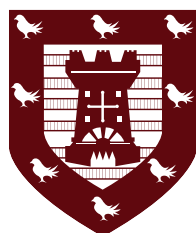
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken korma with rice	Spaghetti bolognaise	Pork casserole with creamed potatoes	Roast turkey with roast potatoes and Yorkshire pudding	Pizza with fries
Vegetable korma with rice	Quorn bolognaise	Veggie sausage casserole with creamed potatoes	Cheese/tuna melt with potato wedges	Chicken burger with fries
Pasta bake	Pasta bake	Pasta bake	Pasta bake	Fish portion with fries
Pasta pot	Pasta pot	Pasta pot	Pasta pot	Pasta pot
Sandwich	Sandwich	Sandwich	Sandwich	Sandwich
Salad box	Salad box	Salad box	Salad box	Salad box
Soup and a roll	Soup and a roll	Soup and a roll	Soup and a roll	Soup and a roll

EAT
GOOD
FEEL
GOOD



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef jalfrezi with rice	Mince and dumplings with creamed potatoes	Chicken cobbler with creamed potatoes	Roast beef with roast potatoes and Yorkshire pudding	Pizza with fries
Vegetable jalfrezi with rice	Quorn mince with creamed potatoes	Fish finger sandwich with diced potatoes	Chicken fajita with roast potatoes	Sausage roll with fries
Pasta bake	Pasta bake	Pasta bake	Pasta bake	Fish cakes with fries
Pasta pot	Pasta pot	Pasta pot	Pasta pot	Pasta pot
Sandwich	Sandwich	Sandwich	Sandwich	Sandwich
Salad box	Salad box	Salad box	Salad box	Salad box
Soup and a roll	Soup and a roll	Soup and a roll	Soup and a roll	Soup and a roll



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken balti with rice	Homemade mince pie with creamed potatoes	Beef casserole with dumplings and creamed potatoes	Roast pork with roast potatoes and Yorkshire pudding	Pizza with fries
Vegetable balti with rice	Fishcakes with parsley mash	Mushroom risotto	Posh dogs served with roast potatoes	Chicken goujons with fries
Pasta bake	Pasta bake	Pasta bake	Pasta bake	Fish fingers with fries
Pasta pot	Pasta pot	Pasta pot	Pasta pot	Pasta pot
Sandwich	Sandwich	Sandwich	Sandwich	Sandwich
Salad box	Salad box	Salad box	Salad box	Salad box
Soup and a roll	Soup and a roll	Soup and a roll	Soup and a roll	Soup and a roll

