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| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| One pot main Meal | Sausage & mash in a red onion gravy with peas | Mexican chilli with rice | Hot roast chicken with roast potatoes, vegetables and gravy | Chicken Korma Curry  Rice, Naan Bread | Battered Haddock chunky chips and mushy peas |
| One Pot  Veggie Meal | Veggie sausage & mash in red onion gravy | Mexican veggie chilli with rice | Hot roast Quorn with roast potatoes, vegetables and gravy | Quorn curry with rice, naan bread | Veggie burger with chips and mushy peas |
| One pot snack meal | Freshly baked cheese & tomato panini | Jacket potato with cheese & baked beans | Freshly baked cheese & tomato panini | Jacket potato with cheese & baked beans | Freshly baked cheese & tomato panini |
| Daily baguette with filling | Choice of ham, cheese, tuna mayo, cheese savoury or Quorn | Choice of ham, cheese, tuna mayo, savoury cheese or Quorn | Choice of ham, cheese, tuna mayo, cheese savoury or Quorn | Choice of ham, cheese, tuna mayo cheese savoury or Quorn | Choice of ham, cheese. Tuna mayo, cheese savoury or Quorn |
| Homebake/  Fruit Pot | Chocolate Brownie  Fruit | Flapjack  Fruit | Carrot Cake  Fruit | Chocolate crunch  Fruit | Chunky shortbread  Fruit |