



# NORMAL MENU

WEEK 1 IS STARTING AUGUST 3RD, AUGUST 31ST & SEPTEMBER 28TH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRILLED CHICKEN STRIPS SERVED LENTIL RICE & GRAVY	BEEF MEATBALLS, PENNE PASTA & TOMATO SAUCE	STEAMED FISH SERVED WITH POTATO MASH & A TOMATO ONION RELISH	PASTA WITH CHERRY TOMATOES & CHOPPED COURGETTES	ROAST CHICKEN DRUMSTICK & ROAST POTATOES
CHERRY TOMATOES & CUCUMBERS	STEAMED SWEETCORN & BROCCOLI	EGG, STEAMED CARROTS & PEAS	YOGHURT	BROCCOLI & CARROT STICKS
FRUIT SERVED WITH EVERY MEAL				
WEEK 2 IS STARTING AUGUST 10TH & SEPTEMBER 7TH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPAGHETTI SERVED WITH BEEF AND BEAN BOLOGNAISE	GRILLED CHEESE TOASTIE SERVED ON WHOLE WHEAT BREAD	STEAMED FISH & YELLOW SAVOURY RICE	GRILLED CHICKEN SERVED WITH RICE, PEAS & CARROTS	PASTA SERVED WITH TOMATO AND BASIL SAUCE WITH CHEESE
CHERRY TOMATOES & CARROTS	STEAMED CORN ON THE COB & CUCUMBER	YOGHURT & BOILED EGG	STEAMED SWEETCORN & BROCCOLI	RAW CARROT STICKS
FRUIT SERVED WITH EVERY MEAL				
WEEK 3 IS STARTING AUGUST 17TH & SEPTEMBER 14TH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF MINCE, PENNE PASTA & CHEESE	STEAMED FISH SERVED WITH SAVOURY RICE & CANNELINI BEANS	CHICKEN SERVED WITH CHUNCY CHICK PEAS & BAKED BUTTERNUT	GRILLED CHICKEN SERVED WITH RICE, PEAS & CORN	BEEF BURGER SERVED WITH FRENCH FRIES
STEAMED PEAS & CARROTS	STEAMED SWEETCORN & PEAS	YOGHURT	CHEESE CUBES & CUCUMBER	RAW CARROT STICKS
FRUIT SERVED WITH EVERY MEAL				
WEEK 4 IS STARTING AUGUST 24TH & SEPTEMBER 21ST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF & BEAN BOLOGNAISE SERVED WITH FRESH BREAD & CHEESE	CHICKEN IN A SAUCE & SAVOURY RICE	STEAMED FISH SERVED WITH SWEET POTATO MASH & TOMATO RELISH	GRILLED CHICKEN FILLET	PENNE PASTA SERVED WITH NUT FREE BASIL PESTO & ROASTED CHERRY TOMATOES
STEAMED CORN ON THE COB & BROCCOLI	STEAMED PEAS & CARROTS	STEAMED SWEETCORN	BUTTERNUT FRITTER, CUCUMBER & BOILED EGG	YOGHURT
FRUIT SERVED WITH EVERY MEAL				



# VEGETARIAN MENU

WEEK 1 IS STARTING AUGUST 3RD, AUGUST 31ST & SEPTEMBER 28TH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BAKED BUTTERNUT SERVED WITH LENTIL RICE & GRAVY	VEGGIE MINCE, PENNE PASTA & TOMATO SAUCE	STEAMED FISH SERVED WITH POTATO MASH & A TOMATO ONION RELISH	PASTA WITH CHERRY TOMATOES & CHOPPED COURGETTES	TEMPURA CAULIFLOWER FLORETS & ROAST POTATOES
CHERRY TOMATOES & CUCUMBERS	STEAMED SWEETCORN & BROCCOLI	EGG, STEAMED CARROTS & PEAS	YOGHURT	BROCCOLI & CARROT STICKS
FRUIT SERVED WITH EVERY MEAL				
WEEK 2 IS STARTING AUGUST 10TH & SEPTEMBER 7TH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPAGHETTI SERVED WITH VEGGIE MINCE AND BEAN BOLOGNAISE	GRILLED CHEESE TOASTIE SERVED ON WHOLE WHEAT BREAD	STEAMED FISH & YELLOW SAVOURY RICE	BAKED BUTTERNUT SERVED WITH RICE, PEAS & CARROTS	PASTA SERVED WITH TOMATO AND BASIL SAUCE WITH CHEESE
CHERRY TOMATOES & CARROTS	STEAMED CORN ON THE COB & CUCUMBER	YOGHURT & BOILED EGG	STEAMED SWEETCORN & BROCCOLI	RAW CARROT STICKS
FRUIT SERVED WITH EVERY MEAL				
WEEK 3 IS STARTING AUGUST 17TH & SEPTEMBER 14TH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VEGETABLE BOLOGNAISE, PENNE PASTA & CHEESE	STEAMED FISH SERVED WITH SAVOURY RICE & CANNELINI BEANS	VEGETABLE QUESADILLAS SERVED WITH CHUNCHY CHICK PEAS & BAKED BUTTERNUT	QUINOA WITH ROAST VEGETABLES	VEGETARIAN BURGER SERVED WITH FRENCH FRIES
STEAMED PEAS & CARROTS	STEAMED SWEETCORN & PEAS	YOGHURT	CHEESE CUBES & CUCUMBER	RAW CARROT STICKS
FRUIT SERVED WITH EVERY MEAL				
WEEK 4 IS STARTING AUGUST 24TH & SEPTEMBER 21ST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEAN BOLOGNAISE SERVED WITH FRESH BREAD & CHEESE	GRILLED CALAMARI & SAVOURY RICE	STEAMED FISH SERVED WITH SWEET POTATO MASH & TOMATO RELISH	VEGETARIAN SAUSAGE	PENNE PASTA SERVED WITH NUT FREE BASIL PESTO & ROASTED CHERRY TOMATOES
STEAMED CORN ON THE COB & BROCCOLI	STEAMED PEAS & CARROTS	STEAMED SWEETCORN	BUTTERNUT FRITTER, CUCUMBER & BOILED EGG	YOGHURT
FRUIT SERVED WITH EVERY MEAL				



# GLUTEN FREE MENU

WEEK 1 IS STARTING AUGUST 3RD, AUGUST 31ST & SEPTEMBER 28TH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRILLED CHICKEN STRIPS SERVED LENTIL RICE & GRAVY	BEEF MEATBALLS, PENNE PASTA GLUTEN FREE & TOMATO SAUCE	STEAMED FISH SERVED WITH POTATO MASH & A TOMATO ONION RELISH	GLUTEN FREE PASTA WITH CHERRY TOMATOES & CHOPPED COURGETTES	ROAST CHICKEN DRUMSTICK & ROAST POTATOES
CHERRY TOMATOES & CUCUMBERS	STEAMED SWEETCORN & BROCCOLI	EGG, STEAMED CARROTS & PEAS	YOGHURT	BROCCOLI & CARROT STICKS
FRUIT SERVED WITH EVERY MEAL				
WEEK 2 IS STARTING AUGUST 10TH & SEPTEMBER 7TH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPAGHETTI GLUTEN FREE BEEF & BEAN BOLOGNAISE	GLUTEN FREE CHEESE QUESADILLAS	STEAMED FISH & YELLOW SAVOURY RICE	GRILLED CHICKEN SERVED WITH RICE, PEAS & CARROTS	GLUTEN FREE PASTA SERVED WITH TOMATO AND BASIL SAUCE WITH CHEESE
CHERRY TOMATOES & CARROTS	STEAMED CORN ON THE COB & CUCUMBER	YOGHURT & BOILED EGG	STEAMED SWEETCORN & BROCCOLI	RAW CARROT STICKS
FRUIT SERVED WITH EVERY MEAL				
WEEK 3 IS STARTING AUGUST 17TH & SEPTEMBER 14TH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF MINCE, GLUTEN FREE PENNE PASTA & CHEESE	STEAMED FISH SERVED WITH SAVOURY RICE & CANNELINI BEANS	CHICKEN SERVED WITH CHUNCHY CHICK PEAS BAKED BUTTERNUT	GRILLED CHICKEN SERVED WITH RICE, PEAS & CORN	GLUTEN FREE BUN & BEEF PATTIE SERVED WITH FRENCH FRIES
STEAMED PEAS & CARROTS	STEAMED SWEETCORN & PEAS	YOGHURT	CHEESE CUBES & CUCUMBER	RAW CARROT STICKS
FRUIT SERVED WITH EVERY MEAL				
WEEK 4 IS STARTING AUGUST 24TH & SEPTEMBER 21ST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF & BEAN BOLOGNAISE SERVED WITH CHEESE	CHICKEN IN A SAUCE & SAVOURY RICE	STEAMED FISH SERVED WITH SWEET POTATO MASH & TOMATO RELISH	GRILLED CHICKEN FILLET	GLUTEN FREE PENNE PASTA SERVED WITH NUT FREE BASIL PESTO & ROASTED CHERRY TOMATOES
STEAMED CORN ON THE COB & BROCCOLI	STEAMED PEAS & CARROTS	STEAMED SWEETCORN	BUTTERNUT, CUCUMBER & BOILED EGG	YOGHURT
FRUIT SERVED WITH EVERY MEAL				