

Week One

29/04, 20/05, 17/06, 08/07, 02/09, 23/09, 14/10

Monday Mediterranean	Tuesday Mexican	Wednesday British	Thursday Indian	Friday British
Chicken Shwarma Flatbread Lemon & Garlic Broccoli Corn on the Cob Paprika Wedges Carrot & Spring Onion Slaw Ciabatta Bread	Spanish Beef Hash Fine Beans Roasted Vegetables Herb Crushed New Potatoes Crunchy Raw Slaw Garlic & Herb Bread	Roast Pork with Roast Potatoes & Gravy Stuffing & Apple Sauce Green Beans Carrots & Savoy Cabbage Bloomer Bread	Chicken Tikka Masala With Basmati Rice Channa Saag Raitta Dhansak Bombay Potatoes Tomato & Cucumber Salad Naan Bread	Crispy Battered Fish Fillet Or Jumbo Fish Fingers Chips Baked Beans or Peas Crunchy Salad Crusty Bread
Feta & Potato Frittata (V)	Cajun & Vegetable Bean Burrito (V)	Cheese, Tomato & Potato Bake (V)	Chickpea & Cauliflower Jalfrezi (V)	Veg & Bean Quesadilla (V)
Deep South Diner Quorn Cheese Burger	Speedy Italian Bacon Mac 'N' Cheese	Wings & Things Mexican Fajita Chicken Flatbread	Wings & Things Sticky Marinated Roast Chicken BBQ Drumsticks	Deep South Diner New York Hot Dog
Speedy Italian Veggie Supreme Pizza (V) Veg Bolognese Pasta (V) Margherita Pizza (V)	Speedy Italian 3 Cheese Sicilian Pizza (V) Arrabiata Pasta (V) Margherita Pizza (V)	Speedy Italian Hawaiian Pizza Chunky Vegetable Pasta (V) Margherita Pizza (V)	Speedy Italian Bacon Pizza Beef Bolognese Margherita Pizza (V)	Speedy Italian Veggie Hot One Pizza (V) Herby Tomato Pasta (V) Margherita Pizza (V)
Almond & Orange Cake with Vanilla Ice Cream	Carrot & Banana Slice	Pear Upside Down Cake with Vanilla Custard	Strawberry Cheesecake Pot	Chocolate Sponge Cake With Chocolate Sauce