

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	 <i>Main Meal</i>	Chicken & Sweetcorn Pie	Meat Feast Pizza Slice	Roast Pork with stuffing	Beef Lasagne Or Beef Stroganoff	Grilled Bacon and Sausage
	 <i>Vegetarian Choice</i>	Ratatouille	Cheese Tortellini	Breaded Veggie Burger	Cheese, tomato and onion Quiche	Cheese and Tomato Frittata
	 <i>Vegetables</i>	Grilled Mushrooms Red Cabbage	Sweetcorn Butternut Squash	Turnips Savoy cabbage	Cauliflower Cheese Green Beans	Baked Beans Roasted Tomatoes
	 <i>Carbohydrates</i>	Basmati Rice	Roasted Potatoes	Mashed Potatoes	Sweet Potato Wedges	Chipped Potatoes
	 <i>Main Dessert</i>	Chocolate Crunch & Custard	Iced Sponge cake & Custard	Bakewell Tart	Flapjack & Custard	Rice Pudding & Strawberry jam
	 <i>Cold Desserts</i>	Fruit Jelly Flavoured Yoghurt Piece of Fruit	Fruit Jelly Flavoured Yoghurt Piece of Fruit	Fruit Jelly Flavoured Yoghurt Piece of Fruit	Fruit Jelly Flavoured Yoghurt Piece of Fruit	Fruit Jelly Flavoured Yoghurt Piece of Fruit