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Choice 1	Soup & Sandwich Tomato & Basil soup With parmesan and crusty bread 	Chicken Korma with hidden veg and rice and naan bread. 	Scouse or vegetarian scouse with crusty bread, red cabbage and beetroot 	Chicken or vegetarian Chow mein with vegetables and Noodles 	Wholemeal pepperoni pizza with hidden veg sauce & wedges 
Choice 2	Jacket potato with tomato & basil sauce or beans or cheese 	Jacket potato with curry sauce or beans or cheese 	Jacket potato with scouse or beans or cheese 	Jacket potato with beans or cheese 	Jacket potato with pizza sauce or beans or Cheese 
Choice 3	Selection of wraps, batches & sandwiches 	Selection of wraps, batches & sandwiches 	Selection of wraps, batches & sandwiches 	Selection of wraps, batches & sandwiches 	Selection of wraps, batches & sandwiches 
Dessert	Summer fruit yogurt crunch pots 	Lemon Cake 	Flapjacks 	Oaty apple crumble and custard 	Ice cream and fruit 

Week 2	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Choice 1	<p>Tomato &amp; Mediterranean veg and baked with spicy sausage or vegetarian pasta bake &amp; garlic bread</p> 	<p>Chicken Korma with hidden veg and rice and naan bread.</p> 	<p>Sausage / veg casserole with creamy mash</p> 	<p>Mince and five-beans-chilli with brown rice and salsa. Potato and broccoli</p> 	<p>Wholemeal ham and pineapple / cheese pizza with hidden veg sauce. Potato wedges and winter coleslaw</p> 
Choice 2	<p>Jacket potato with tomato &amp; basil sauce or beans or cheese</p> 	<p>Jacket potato with thai curry or beans or cheese</p> 	<p>Jacket potato with casserole or beans or cheese</p> 	<p>Jacket potato with five bean chilli or beans or cheese</p> 	<p>Jacket potato with pizza sauce or beans or cheese</p> 
Choice 3	<p>Selection of wraps, Batches &amp; Sandwiches</p> 	<p>Selection of wraps, Batches &amp; Sandwiches</p> 	<p>Selection of wraps, Batches &amp; Sandwiches</p> 	<p>Selection of wraps, Batches &amp; Sandwiches</p> 	<p>Selection of wraps, Batches &amp; Sandwiches</p> 
Dessert	<p>Chocolate mousse with cream &amp; berries</p> 	<p>Tray fruit cheesecake</p> 	<p>Date and cocoa brownies</p> 	<p>Icing &amp; sprinkles cake</p> 	<p>Ice cream and fruit crunch pot</p> 

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	3 layer lasagne including vegetables and green beans 	Chicken Korma with hidden veg and rice and naan bread. 	Spaghetti Bolognese with hidden veg and garlic bread and green beans 	Cheeky Nando's day! Peri peri chicken strips, sweet chilli dip with butter & herb baby potatoes 	Wholemeal chicken / cheese pizza with hidden veg sauce & sweet potato wedges 
Choice 2	Jacket potato with lasagne sauce or beans or cheese 	Jacket potato with curry sauce or beans or cheese 	Jacket potato with tuna, beans or cheese 	Jacket potato with beans or cheese 	Jacket potato with pizza sauce, beans or cheese 
Choice 3	Selection of wraps, Batches & Sandwiches 	Selection of wraps, Batches & Sandwiches 	Selection of wraps, Batches & Sandwiches 	Selection of wraps, Batches & Sandwiches 	Selection of wraps, Batches & Sandwiches 
Dessert	Rice pudding and peaches 	Cookies 	Apple and blackberry flapjacks 	Fruit jelly 	Ice cream and fruit 