






WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Option 1. Bake chicken Rice</p> <p>Option 2. Fish finger & wedges</p> <p><u>Carrots or corn</u></p> <p><u>Desert</u></p> <p>Fruit plate</p>	 <p>Option 1. BBQ chicken with rice and peas</p> <p>Option 2. Burgers with fries</p> <p><u>Mix vegetables.</u></p> <p><u>Desert</u></p> <p>Carrot cake</p>	 <p>Option 1. Chicken wrap with wedges</p> <p>Option 2. Fish and chips</p> <p><u>Green peas or corn</u></p> <p><u>Desert</u></p> <p>Mixed fruits</p>	 <p>Option 1. Pasta with bolognese sauce</p> <p>Option 2. Jerk chicken & rice peas</p> <p><u>Tossed vegetables</u></p> <p><u>Desert</u></p> <p>Banana cake or apple crumble</p>	 <p>Option 1. Fish & chips</p> <p>Option 2. Fry chicken and fries</p> <p><u>coleslaw</u></p> <p><u>Desert</u></p> <p>Fresh Fruit, Ice cream</p>

*Vegetarian option is available each day for special dietary requirements such as vegetarian or halal