**WEEK 1**

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| **DAILY CHOICES** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MAIN MEALS** | Chicken Burger in a Bun  Or  Tomato Pasta (v) | Beef Lasagne  Or  Baked Potato with Baked Beans (v) | Chicken Fajitas  Or  Cauliflower Cheese (v) | Chicken Korma  Or  Singapore Noodles (v) | Stuffed Crust Cheese & Tomato Pizza (v)  Or  Salmon Risotto |
| **CARBOHYDRATE** | Herbie Diced Potatoes | Garlic Bread | Boiled Potatoes | Rice | Potato Wedges |
| **VEGETABLES** | Baked Beans  Or  Mixed Vegetables | Broccoli  Or  Carrots | Peas  Or  Beetroot | Sweetcorn  Or  Broccoli & Cauliflower | Coleslaw  Or  Green Beans |
| **DESSERTS** | Seasonal Fruit Crumble and Custard | Chocolate Saucy Sponge with Custard | Pudding Free | Lentil Soup | Oat Cookie |