

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Thai Style Mushroom Stir Fry Rice with Rainbow Vegetables	Twice Cooked Roasted Gammon	Chicken Pesto Fusilli Pasta	Chicken, Sweet Potato & Carrot Curry	Breaded Fish Cake
MEAT FREE					
MAIN COURSE	Jacket Potato with Pasta Hoops in Tomato Sauce & Cheeze	Cauliflower Cake	Broccoli Pesto Fusilli Pasta	Cauliflower, Sweet Potato & Carrot Curry	Pumpkin & Spinach Cake
<i>Sides</i>	Sweetcorn	Roast Potatoes, Sliced Carrots & Gravy	Roasted Cherry Tomato & Sweetcorn Salad	Steamed Rice & Broccoli Floret	Potato Wedges & Cucumber Slices
<i>Second Course</i>	Honeydew Melon Wedge	Fresh Fruit Salad	Galia Melon Wedge	Organic Coconut Milk Yoghurt with Mango Pieces	Mandarin Sorbet

DATES: 21ST APRIL | 12TH MAY | 2ND JUNE | 23RD JUNE | 14TH JULY | 4TH AUGUST | 25TH AUGUST

