

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef chilli con keema tacos. Toasted coconut rice. Jajik dip. G.MI.SU.MU.	Pretzel beef burger. Potato wedges. Aioli dip. MU.G.M.SU.SO.	Sausages. Cheesy potato & root veg mash with onion gravy. SU.MI.MU.	Korean BBQ pork bao bun. Bell pepper rice. Pickled red onion Sriracha mayo. MU.G.SO.SU.	Fish and chips & tartare sauce. G.F.SU.M.E.
Veggie chilli con keema tacos. Toasted coconut rice. Jajik dip. MI.G.MU.SU.E.	Whole wheat penne & rustic vegetable pomodoro. G.	Glamorgan Sausages. Cheesy potato & root veg mash with onion gravy. G.SU.MU.MI.	Falafel bao bun. Korean BBQ sauce. Bell pepper rice. Pickled red onion Sriracha mayo. G.SO.SU.MU.	Three bean curry & rice. G.MU
Green beans.	Sweetcorn.	Peas.	Mixed salad.	Baby carrots.
Chocolate sponge & chocolate sauce. G.E.M.	Lemon cheesecake. M.E.G.	Peach melba crumble & custard. M.G.	Cherry flapjack. G.SU.	Marble shortbread cookie. G.

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WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sticky - sweet orange chicken stir fry & noodles. E.G.SO.SU.SS.MOLL	Cuban beef picadillo & arroz Amarillo. G.SU.	Roast chicken dinner. Yorkshire pudding. Cranberry & rosemary gravy. G.E.M.SO.	Cheesy shepherd's pie. MU.G.M.	Fish and chips & mango salsa. G.F.SU.M.E.
Cheese omelette with new potatoes.	Black bean & nacho cheese. Potato longboats.	Cauliflower cheese with garlic & thyme crumb.	Cheesy vegetarian shepherd's pie.	Mozzarella & basil pizza slice & chips. Mango salsa.
M.E.	M.SO.	G.SO.MU.M.E.	G.MU.M.E.	G.M.SU.
Green beans.	Mixed salad.	Baby carrots. Savoy cabbage.	Green beans.	Mixed salad.
Tropical Eton Mess.	Pineapple upside down cake.	Apple crumble & custard.	Apricot flapjack.	Chocolate Maryland cookie.
E.M.	M.E.G.	M.G.	G.SU.	G.

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WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken fillet in a brioche bun & potato wedges. E.G.SO.S.M.SS.	Beef ragu with whole wheat fusilli & garlic bread. G.SO.SU.M	Roast pork. Thyme & garlic new potatoes. G.M.	Chicken tikka. Aromatic rice. Mango chutney. Cucumber & pomegranate raita. G.M.	Fish & chips or salmon fish cakes & peach salsa. G.F.M.E.
Veggie quarter pounder in a brioche bun & potato wedges. M.E.G.S.SS.	Mac & cheese. Garlic bread. G.M.SO.MU.	Nutless roast slice. Thyme & garlic new potatoes. G.E.	Chickpea curry. Aromatic rice. Cucumber & pomegranate raita. Mango chutney. G.M.	Vegetarian hot dog chips & peach salsa. G.M.E.SS.SO.
Red cabbage slaw. Sweetcorn.	Salad of the day.	Root Vegetables.	Green beans. Red Cabbage.	Peas. Baby carrots.
Mango & coconut cake. G.E.SU.	Dulce de leche sandwich cookie. M.G.	Pineapple crumble with coconut crumble & custard. M.G.SU.	Banana flapjack. G.	Chocolate brownie & chocolate sauce. E.M.SO.

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