

		Week 1	Week 2	Desserts	
Monday	Lunch	Sweet Potato Chilli Con Carne, made with lentils, pulses and tomato served with cous cous	Vegetable casserole with quinoa and bulgar wheat	Homemade biscuits	Lemon Cake
	Tea	Ratatouille with baked potato and mozzarella	Butternut and spinach puff pastry tarts		
Tuesday	Lunch	Chicken or <b>tofu</b> and vegetable a la king	Chicken or <b>chickpea</b> curry served with wild rice	Rice pudding and jam	Seasonal Crumble
	Tea	Tomato and bell pepper quiche made with baby spinach and tomato or <b>curried vegetable and cous cous salad</b>	Macaroni Cheese with peas and sweetcorn		
Wednesday	Lunch	Steamed Cod or <b>grilled tofu steak</b> with minted new potato and seasonal vegetables	Breaded cod or <b>spinach and lentil patties</b> with grilled root veg	Fruit Salad and cream	Homemade cocoa biscuits
	Tea	Mixed vegetable pasta bake	Mashed potato cakes with beans, cheese and crudite		
Thursday	Lunch	Chicken or <b>Vegetable</b> Pot Pie	Roast Chicken or <b>home-made bean patties</b> with potato wedges, brocolli and cauliflower	Banana Bread	Greek Yoghurt and stewed apple
	Tea	Wild rice risotto served with mixed vegetables	Vegetable biryani with carrot salad		
Friday	Lunch	Grilled salmon or <b>stuffed butternut</b> and grilled mediterranean veg	Quinoa and mixed veg with flaked white fish or <b>grilled tofu</b>	Baked pears and custard	Frozen Yoghurt
	Tea	Cheesy pizza	Frittata with bell peppers, mushrooms and onion or <b>curried vegetable and cous cous salad</b>		

\*Alternatives are highlighted in green