

# WEEK 1 MENU

MON	<p><b>Beef Bolognese</b> with Wholewheat Pasta 🍷 🌾 🇸🇰</p> <p><b>Spicy Chicken Pitta</b> with Mixed Salad 🇸🇰</p> <p><b>Vegetarian Bolognese</b> with Wholewheat Pasta 🌱 🍷 🌾</p>
TUE	<p><b>Chicken Sausage and Mash</b> with Vegetables and Gravy 🇸🇰</p> <p><b>Nut-Free Chicken Satay Buddha Box</b> with Wholegrain Rice 🍷 🌾 🇸🇰</p> <p><b>Vegetarian Sausage and Mash</b> with Vegetables and Gravy 🌱</p>
WED	<p><b>Roast Chicken</b> with Roast Potatoes, Vegetables and Gravy 🇸🇰</p> <p><b>Sweet Chilli Noodles</b> with Vegetables 🌱 🍷</p> <p><b>Vegetarian Lasagne</b> with Garlic and Herb Bread and Mixed Salad 🌱 🍷</p>
THURS	<p><b>Cottage Pie</b> with Vegetables and Gravy 🍷 🇸🇰</p> <p><b>Chilli Con Carne</b> with Wholegrain Rice 🍷 🌾 🇸🇰</p> <p><b>Chilli No Carne</b> with Wholegrain Rice 🌱 🍷 🌾</p>
FRI	<p><b>Southern Fried Chicken Goujons</b> with Chips, Baked Beans and Peas 🇸🇰</p> <p><b>Trinidad Vegetable Rice</b> 🌱 🍷</p>

# WEEK 2 MENU

MON	<p><b>Jerk Chicken</b> with Rice and Peas </p> <p><b>Chickpea and Vegetable Jalfrezi</b> with Wholegrain Rice  </p> <p><b>Caribbean Coconut Quorn Curry</b> with Wholegrain Rice   </p>
TUE	<p><b>Chicken and Broccoli Pasta Bake</b> with Garlic and Herb Wedges   </p> <p><b>West African Chicken Rice</b>  </p> <p><b>Sweet and Sour Vegetables</b> with Wholegrain Rice   </p>
WED	<p><b>Roast Beef</b> with Roast Potatoes, Vegetables and Gravy </p> <p><b>Turkey Con Chilli</b> with Wholegrain Rice   </p> <p><b>Roast Quorn</b> with Roast Potatoes, Vegetables and Gravy </p>
THURS	<p><b>Beef Lasagne</b> with Garlic and Herb Bread  </p> <p><b>Chicken Tikka Masala</b> with Wholegrain Rice   </p> <p><b>Vegetarian Cottage Pie</b> with Vegetables and Gravy  </p>
FRI	<p><b>Southern Fried Chicken Goujons</b> with Chips, Baked Beans and Peas </p> <p><b>Battered Fish</b> with Chips, Baked Beans and Peas</p> <p><b>Urban Veggie Dog</b> with Chips, Baked Beans and Peas </p>

# WEEK 3 MENU

MON	<p><b>Beef Burger</b> with Baked Garlic and Herb Wedges and Mixed Salad </p> <p><b>Jerk Chicken</b> with Rice and Peas </p> <p><b>Cheese and Bean Toastie</b> with Baked Garlic and Herb Wedges and Mixed Salad </p>
TUE	<p><b>Chicken Sausage and Mash</b> with Vegetables and Gravy </p> <p><b>Butter Chicken</b> with Wholegrain Rice   </p> <p><b>Veggie Burrito</b> with Chipotle Wedges   </p>
WED	<p><b>Roast Chicken</b> with Roast Potatoes, Vegetables and Gravy </p> <p><b>Mexican Beef Tortilla Pie</b> with Wholegrain Rice   </p> <p><b>West African Vegetable Rice</b>  </p>
THURS	<p><b>Chicken and Broccoli Pie</b> with Mashed Potato, Vegetables and Gravy </p> <p><b>Turkey Con Chilli</b> with Wholegrain Rice   </p> <p><b>Vegetable Tikka Masala</b> with Wholegrain Rice   </p>
FRI	<p><b>Southern Fried Chicken Goujons</b> with Chips, Baked Beans and Peas </p> <p><b>Veggie Chilli Loaded Fries</b> </p>