

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Week 1</u></p> <p>Thai Chicken or tofu curry with wholegrain rice</p> <p>Greek Yogurt and mango puree (dairy free yogurt)</p>	<p>Tuna pasta bake</p> <p>Lemon Mousse</p>	<p>Pork ragu (or soya and apple ragu) with new potatoes, green beans</p> <p>Blueberry Sponge cakes</p>	<p>Salmon and pea Risotto</p> <p>Apple and Blackberry Oat Crumble with vanilla ice cream</p>	<p>Bean and veggie sausage wholemeal pasta bake</p> <p>Banana slices with custard (dairy free)</p>
<p><u>Week 2</u></p> <p>BBQ chicken (or BBQ Quorn pieces) with new potatoes and roast vegetables</p> <p>Creamy Apricot</p>	<p>chickpea and spinach curry) with white rice and naan bread</p> <p>Apple and rhubarb crumble with crème fresh</p>	<p>Steamed cod or tofu in tomato and pepper sauce with couscous & green beans</p> <p>Eton mess</p>	<p>Pasta primavera with garlic bread</p> <p>Big banana and honey dream</p>	<p>Salmon & dill chowder with wholegrain rice</p> <p>Strawberry milk jelly</p>
<p><u>Week 3</u></p> <p>Chicken and banana korma with brown rice</p> <p>Oat cakes</p>	<p>Lamb Moussaka with garlic bread and mixed salad</p> <p>Rice pudding with peach puree</p>	<p>Gammon with parsley sauce, new potatoes and green beans</p> <p>Dairy free strawberry mousse</p>	<p>Cod potato and spinach curry with couscous</p> <p>Greek Yogurt and pineapple puree</p>	<p>Chicken and vegetable pie with and spring greens</p> <p>Banana and cinnamon rice pudding</p>
<p><u>Week 4</u></p> <p>Ham & pea penne</p> <p>Cherry Brownie</p>	<p>Moroccan chicken with dried plums, couscous and peas</p> <p>Dairy free pineapple</p>	<p>broccoli and Potato bake</p> <p>Greek Yogurt and</p>	<p>Chicken, leek and bacon cottage pie with carrots</p> <p>Gluten-free beet</p>	<p>pasta with tomato and hidden veg sauce</p> <p>Vegan strawberry and cream cheesecake bars</p>