

	Monday	Tuesday	Wednesday	Thursday	Friday
	03/10	04/10	05/10	06/10	07/10
COLD	Mixed lettuce	Mixed lettuce	Mixed lettuce	Mixed lettuce	Mixed lettuce
	Roasted Veg	Greek Salad	Pasta Salad	Coslaw	Petit poa
	Broccolis	Coslaw	Ricotta pate		
	Tomato and Basil	Hummus			
	Smoked Chicken				
Soup	Parsnips	French Onions	Tomato	French onions	Spinach and chick peas
HOT	Sausage and Mash	Lamb Kofte with cous-cous	Spanish Omelet on red pepper and tomato sauce	Beef Lasagna	Fish Cakes
Vegetarian	Veg Sausage	Veg Kebab	Spanish Omelet on red pepper and tomato sauce	Vegetarian Lasagna	Mushrooms with cheese
D e s s e r t s	Brownies	Strawberries jelly	Carrots Cake	Fruit Salad	Apple crumble

	Monday	Tuesday	Wednesday	Thursday	Friday
	10/10	11/10	12/10	13/10	14/10
COLD	Mixed lettuce	Mixed lettuce	Mixed lettuce	Mixed lettuce	Mixed lettuce
	Tomato and Basil	Nicoise salad	Pasta Salad	Orange and Beetroots	Roasted Peppers
	Caesar Salad	Cous-cous	Potatoes Salad		
	Mushroom				
Soup	Tomato	Sweet Potatoes	Lentils	Jardinière	Red Pepper and tomato
HOT	Cottage Pie	Roasted Chicken	Quiche Lorraine	Linguini bolognese	Pitta Pizza
Vegetarian	Vegetarian Pie	Stuffed peppers	Leek and Cheese	Veg Lasagna	
Desserts	Brownies	Raspberry pavlova	Bread and Butter pudding	Fruit Salad	Sponge Cake with strawberries

	Monday	Tuesday	Wednesday	Thursday	Friday
	17/10	18/10	19/10	20/10	21/10
COLD	Mixed lettuce	Mixed lettuce	Mixed lettuce	Mixed lettuce	Mixed lettuce
	Tomato and Basil	Mushrooms	Mayo Pasta Salad	Avocado, Mozzarella and tomato	French Beans
	Greek Salad				Guacamole
Soup	Tomato	Sweet Potatoes	Mushrooms	Spinach	Red pepper and Tomato
HOT	Chicken Chasseur with Rice	Sausage and Mash	Gilled Chicken with Roasted sweet Potatoes	Beef Lasagna	Chicken wraps with roasted veg
Vegetarian	Veg stew	Veg Sausage	Veg Kebab	Veg Kebab	Peppers wraps
Desserts	Brownies	Apples and Bananas	Raspberries jelly	Fruit Salad	Toffee cake