

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Tikka Masala with Wholegrain Rice and Vegetables	Buffalo Chicken with Wedges and Salad	Roast Chicken with Vegetables, Mash and Gravy	Firecracker Beef with Wholegrain Rice and Cabbage	Battered Fish with Chips and Bakes Beans or Peas
Option 2	Spinach and Chickpea Dahl with Wholegrain Rice, Vegetables and Mint Raita	Urban Vegan Dog with Wedges and Salad	Roast Quorn with Vegetables, Mash and Gravy	Vegetable Jambalaya with Green Beans	Southern Fried Chicken Goujons with Chips and Baked Beans and Peas
Option 3	Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings	Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings	Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings	Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings	Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings