

THS		Summer 2019			
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Main	Sausages, mash and greenbeans with gravy	Spaghetti Bolognese	Roast chicken with boiled potatoes and vegetables	Fish and broccoli bake with pasta	Vegetable curry with coconut and potato
Pudding	Tin Pears	Yoghurt	Peaches and cream	Fresh mixed fruit	Crumble and custard
Protein Carbs Veg	Sausages Mashed potatoes Greenbeans	Mince meat Pasta Onion, tin tomatoes, peppers Aubergine, carrots, courgette in sauce	Chicken Potatoes Carrots, Broccoli and peas	Fish and cheese Pasta Broccoli	Chick peas Potato Courgettes, carrots, peas, spinach, and cocounut
Alternative Meal	Vegetarian sausages Gluten free gravy	Dairy free yoghurt Gluten free pasta Salad Bar : Jacket Potatoes, salad and a choice of two items, cheese, tuna , ham or egg	Quorn pieces Gluten free gravy	Gluten free pasta, dairy free cheese Vegetable bake	Gluten free flour for crumble dairy free custard
TEA	TEA	TEA	TEA	TEA	TEA
Main	Sandwiches	Butternut squash with bean soup	Mixed Bean and vegetable cous cous	Beans on toast with egg	Chicken goujon salad wraps
Pudding	Carrot cake	Jelly and fruit	Bananas	Yoghurt	Biscuit and Milkshake
Protein Carbs Veg	Marmite, cheese, tuna, or egg Bread Cucumber and carrots	Lentils Mixed beans Butternut squash, carrots, leeks, courgettes, swede, parsnips, tinned tomatoes	Mixed Beans Cous Cous Sweet Potatoes, Onions, Garlic, Courgettes, Carrots, Peppers, Butternut Squash, Spring Onion, Tinned Tomatoes, Mixed Beans.	Beans and eggs Toast	Chicken and cheese Wraps Carrot, lettuce, cucumber
Alternative Meal	Gluten free bread Gluten free flour for cake	vegetarian jelly	Gluten Free cous cous	Gluten free bread dairy free yoghurt	Gluten free wraps dairy free milkshake and gluten

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