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| --- | --- | --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri | sat | sun |
| supper | | | | | | | |
| main option 1 | chicken Nuggets | tex mex beef tacos | honey & ginger beef stir fry | bbq pulled pork with a brioche bap | garlic & ginger chicken breast |  |  |
| main option 2 | vegetable Kiev | vegetable tacos | vegetable spring rolls with sweet & sour sauce | spicy bean burger | sweet chilli vegetable  stir-fr |  |  |
| sides | Sauté Potatoes | Mexican rice | noodles | herby potatoes | noddles |  |  |
| sides | garden peas | baby corn | mange tout | roasted vegetables | green beans |  |  |
| desert | chocolate  brownie | strawberry mousse | lemon drizzle cake | choc ices | berry cheesecake |  |  |