

THINK 5 A DAY / VEGETABLES AND FRUITS

Main course of the day with hot pudding/fruit/yoghurt

£2.20

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Maincourse	Beef Lasagne	Mediterranean Chicken	Beef Casserole	Moroccan Chicken with Apricots	Fish
Maincourse Vegetarian	Cauliflower & Broccoli Mornay	Chick Pea Aloo Gobi	Vegetarian Shepherds Pie	Oven roasted vegetables	Spicy vegetable Fajitas
Rice-Pasta-Potato	potatoes old	Rice	potatoes old	couscous	chips
Vegetables	Mixed Vegetables	sweetcorn	green beans	Broccoli	Baked beans
Accompaniments	salad free	salad free	salad free	salad free	salad free
Pasta Bar	pasta	Pasta & cheese	Pasta & cheese	Pasta & cheese	Pasta & cheese
	pasta & tuna	Tuscan Bean Sauce	pasta	Arrabatti	pasta & tuna
	Pasta & Beans	pasta & tuna	Pomodora sauce	pasta & tuna	Amatricai
	Bolognaise sauce	Pasta & Beans	pasta & tuna	pasta	pasta
	Pasta & cheese	pasta	Pasta & Beans	Pasta & Beans	Pasta & Beans
Jacket potatoes bar	jacket potato and tuna	jacket potato and tuna	jacket potato and tuna	jacket potato and tuna	jacket potato and tuna
	jacket potato & beans	jacket potato & cheese	jacket potato & cheese	jacket potato & cheese	jacket potato & cheese
	jacket potato & cheese	jacket potato & beans	jacket potato & beans	jacket potato & beans	jacket potato & beans
Sweet	pineapple upside down sponge	pears	apple goodie	Bakewell tart	Sponge
	custard	chocolate custard	custard	custard	custard
	ambrosia rice pudding	ambrosia rice pudding	ambrosia rice pudding	ambrosia rice pudding	ambrosia rice pudding
	yogurts	yogurts	yogurts	yogurts	yogurts
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

WE ARE NEW LINE LEARNING ACADEMY