







**ILVAsparto**

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>MAIN EVENT</b>	Mild Chicken Curry with Whole Grain Rice	Roast Chicken with Roast Potatoes and Gravy	Dairy Free Cheese Pizza with Baked Potato Wedges	Golden Fish Fingers with Chips
	<b>MEAT-FREE MAGIC</b> Vegetarian Dish	Sweet Chili Vegetable Stir Fry with Whole Grain Rice	Mixed Vegetable Korma with Whole Grain Rice	Super Veggie Pie Vegetable, Lentil and Onion Pie with Roasties	Tarka Dhal Curry (Veggie Lentil Curry) with Whole Grain Rice
	<b>RAINBOW ALLEY</b> Vegetables and Salads	Mixed Salad	Green Beans	Carrots	Peas
	<b>PASTA TWIRLER</b> Topped Pasta		<b>Hot Pasta topped with Homemade Tomato Sauce</b>		Baked Beans
	<b>BIG TOPPING</b> Filled Jacket		<b>Crispy Skin Jacket Potatoes</b> with Cheese or Beans		
	<b>DESSERT TROLLEY</b> Pudding	Toffee Sponge and Custard	Jelly & Fruit Slices	Tropical Pineapple Crumble and Custard	Orange Cookie
			<b>Cut fruit, vegetables and jelly available every day</b>		Vanilla Ice Cream