

| WEEK 1 | MONDAY (Save planet) | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY (Chip Day) |
|---------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------|
| Main meal – | Chinese Chow Mein. | Chicken and bacon | Roast gammon with | Chicken and chorizo | Chicken or fish and chips |
| | | fricassee with sautéed | honey glaze, roast | Jambalaya with salad | with peas or beans. |
| | | potatoes and vegetables. | potatoes and vegetables. | | |
| | | | | | |
| Vegetarian - | Jacket potato |
| | Pasta | Pasta | Pasta | Pasta | Pasta bake!! |
| Love Joes - | Chicken fillet burger | Marinated chicken served | Hot dog | Crispy chicken wrap, and | |
| | Choice of sauces. | with mixed salad. | Choice of sauces. | mixed salad. | |
| | | Choice of sauces. | | Choice of sauces. | |
| | | | | | |
| Hot snacks - | Selection of pizza and |
| | paninis. | paninis. | paninis. | paninis. | paninis. |
| | | | | | |
| | Sausage rolls. | Popcorn chicken. | Hash browns | Garlic bread | Sausage rolls |
| Cold snacks - | Fresh salads (to order), | Fresh salads(to order), |
| 79887 | sandwiches and |
| | baguettes. | baguettes. | baguettes. | baguettes. | baguettes. |
| | Fruit pots, biscuits and |
| | cakes. | cakes. | cakes. | cakes. | cakes. |
| | | | | | |