An example of my menu is as follows (please note Dinner and Tea can be swapped if requested);

**Week 1**             **Dinner**                                        **Tea**

Monday           Tuna and cucumber sandwiches        Lasagne and Garlic Bread

Tuesday           Jacket potato with filling and salad   Fish pie

Wednesday       Ham sandwiches                           Macaroni Cheese

Thursday         Pitta bread and humous with salad    Mild curry

Friday             Egg sandwiches                              Sausage, mash and onion gravy

**Week 2**

Monday           Cheese and cucumber sandwiches       Mild lentil Dahl

Tuesday           Healthy pizza (made by children)        Mushroom roast

Wednesday       Salmon sandwiches                          Shepherd’s pie

Thursday          Jacket potato with tuna                    Spaghetti bolognaise

Friday             Chicken and veg soup                       Pasta bake (cheese and tomato)