

Egg-free menu

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Carrot & coriander	Lentil	Tomato	Leek & potato	Lentil
Main meal 1	Tomato Pasta	Chicken curry & rice		Sausage & mash	Fish & chip
Main meal 2	Pizza	Sweet potato curry & rice		Vegan sausage & mash	
Main meal 3	Baked potato with beans or cheese	Cheese roll	Baked potato with Beans or cheese	Cheese or ham sandwich	Cheese sandwich
Veg/sides	Broccoli/salad	Carrot /peas/salad	Sweetcorn/salad	Swede/salad	Peas /salad
Dessert	Yoghurt	Jelly	Yoghurt	Ice cream	Yoghurt

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable	Lentil	Leek & potato	Tomato	Lentil
Main meal 1	Mac & cheese	Chicken tenders & wedges	Pasta Bolognese	Salmon fish cakes & new potato	Fish & chips
Main meal 2	Beans on toast	Veg stir fry & rice	Veg meatballs With pasta	Vegan sausage roll & new potato	
Main meal 3	Baked potato with beans	Ham sandwich	Baked potato with cheese	Cheese sandwich	Cheese or chicken sandwich
Veg/sides	Broccoli/salad	Sweetcorn /salad	Mix veg /salad	Beans/salad	Peas/ salad
Dessert	Yoghurt	Jelly	Yoghurt	Ice cream	Yoghurt

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil	Carrot & coriander	Lentil	Leek & potato	Tomato
Main meal 1	Tomato Pasta	Pepperoni pizza	Beef chilli with nachos	Chicken Curry & rice	Fish & chips
Main meal 2		BBQ chicken with rice			
Main meal 3	Baked potato with beans or cheese	Cheese sandwich	Baked potato with cheese	Ham or cheese sandwich	Baked potato with cheese or beans
Veg / sides	Salad	Salad	Salad	Salad	Salad
Dessert	Yoghurt	Yoghurt	Jelly	Frozen yoghurt	Cookie