

Week 1**CoLA**

Monday	Tuesday	Wednesday	Thursday	Friday
jerk chicken / patties / rice n peas	beef lasagne / garlic bread / fresh salad	roasted chicken / Yorkshire pudding / roasted potatoes	honey, ginger, garlic turkey / soy noodles	fish / chips / saveloy / baked beans
mushroom & chive gnocchi / tomato sauce ✓	aubergine parmigiana/ basil sauce ✓	caramelised onion & feta tart ✓	sweet chilli vegetables / sticky rice ✓	spaghetti / chill, garlic, lemon & parsley ✓
mixed berry sponge	flapjack apple crumble	date brownie	carrot cake	fresh fruit / honey yoghurt

salad, coleslaw, tomato, cucumber & salad add ons

Week 2**CoLA**

Monday	Tuesday	Wednesday	Thursday	Friday
bbq chicken / mashed potato / corn bread	beef meatballs / pasta / garlic bread	roasted chicken / Yorkshire pudding / roasted potatoes	jalapeno ground beef pizza / potato wedges	fish / chips / saveloy / baked beans
Malaysian vegetable curry / rice/ poppadum's ✓	butternut, sage & parmesan spaghetti ✓	vegetable tortilla layered cake ✓	five bean chilli / steamed rice ✓	sweetcorn fritter / feta cheese yoghurt ✓
pineapple, mango crumble	peach cobbler	date brownie	banana cake / toffee sauce	watermelon wedge

salad, coleslaw, tomato, cucumber & salad add ons