

## SPRING LEVEL 7 - WEEK 1 SUPPER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STARTER						
Tomato & Basil Soup	Carrot & Coriander Soup	Cream of Onion Soup	Leek & Potato Soup	Vegetable Soup	Spiced Carrot Soup	Parsnip & Potato Soup
Apple Juice	Apple Juice	Apple Juice	Apple Juice	Apple Juice	Apple Juice	Apple Juice
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
MAIN COURSE						
Seasonal Vegetable Stew with Tofu	Macaroni Cheese	Paneer Tikka Masala	Quorn Sausages in Onion Gravy	Orzo Bolognese with Vegan Mince	Plain Omelette	Macaroni Cheese
Tuna Broccoli & Pasta Bake	Mexican Meatball	Beef & Carrot Hotpot	Chicken & Vegetable Casserole	Turkey Chilli & Kidney Beans	Tuna Broccoli & Pasta Bake	Cod in Parsley Sauce
SIDES						
Country Vegetables	Broccoli Florets	Diced Swede	Broccoli Florets	Cauliflower Florets	Baked Beans	Mushy Peas
					Cut Green Beans	Baked Beans
CARBS						
Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
Saute Potatoes		Boiled White Rice	Boiled New Potatoes	Boiled White Rice	Boiled New Potatoes	
DESSERT						
Lemon & Ginger Cake Slice	Chocolate Fudge Cake Slice	Maderia Cake Slice	Lemon & Ginger Cake Slice	Chocolate Fudge Cake Slice	Maderia Cake Slice	Lemon & Ginger Cake Slice
Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream
Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
FRESH FRUIT						
Banana	Banana	Banana	Banana	Banana	Banana	Banana