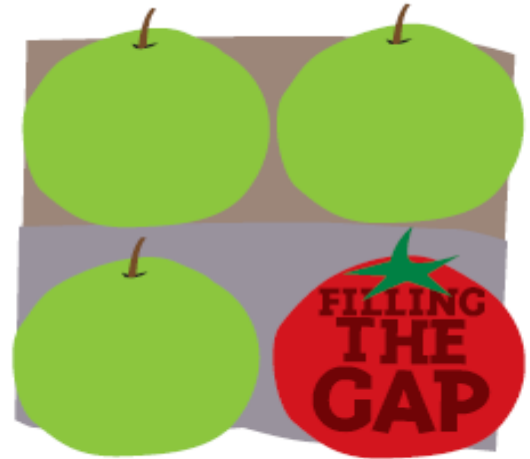


Menu Plan for Pilot 2012



Week1

Main: Spaghetti and green beans
with basil pesto served with
salad * contains nuts

Dessert : Lemon tray bake

Week2

Main: Healthy lamb burgers on Turkish bread with roasted veg
and a tomato and mint salsa

Vegetarian option- Turkish bread with roasted vegetables and
halloumi with a tomato and mint salsa.

Dessert: Fudge cookies

Week3

Main meal: Bacon and butternut squash risotto, with salad or
green veg. * contains pork

Vegetarian Main: Butternut squash risotto with salad or green
veg

Dessert: Cranberry muffins

Week4

Main meal: Chicken casserole and bulgur wheat pilaf

Vegetarian: Aubergine parmigiana and bulgur wheat pilaf.
Both served with yoghurt dip.

Dessert- Sponge pudding and custard.