



**Young Learners Programme – Please note this is a sample menu ONLY**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Lunch Main Course</b>	Chicken Hot Pot and Vegetables Juice Fruit or yoghurt	Lamb Kofta, Mint Dressing and Salad Juice Fruit or yoghurt	Jacket Potato with Chilli Beef Juice Fruit or yoghurt	Meat Feast Pizza and Salad Juice Fruit or yoghurt	Fish Pie with Peas Juice Fruit or yoghurt
<b>Lunch Vegetarian Course</b>	Mediterranean Vegetable Pasta Juice Fruit or yoghurt	Macaroni Cheese with Garlic Bread Juice Fruit or yoghurt	Stuffed Peppers with Feta Cheese Juice Fruit or yoghurt	Vegetarian Quiche and Salad Juice Fruit or yoghurt	Vegetable Hot Pot with Rice or Pasta Juice Fruit or yoghurt
<b>Evening Meal Main Course</b>		Fish Cake with Chips and Peas Juice Fruit or yoghurt		Chicken Stir Fry Juice Fruit or yoghurt	
<b>Evening Meal Vegetarian Course</b>		Ratatouille with Rice Juice Fruit or yoghurt		Stir Fry Vegetables Juice Fruit or yoghurt	