- W. W. A.	WEEK A: 2, 16, 30 Nov 14 Dec	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday			
	Hot Meal	Creamy macaroni cheese	Chicken and pepper fajitas or Mixed vegetable fajitas	Roast Gammon or Mixed bean veg stew	Chicken and leek hotpot or Vegetable tagine	Fish fingers or cheese and pepper omelette			
			Savoury rice	Roast Potatoes and gravy	Broccoli	Chips			
		Seasonal vegetables	Green vegetables	seasonal vegetables	Seasonal Vegetables	Beans or peas			
ł	Jacket potato	Jacket potatoes stuffed with a choice of fillings served with mixed salad.							
Ś	Dessert	Vanilla shortbread	Blueberry cake	Berry jelly	Ginger Biscuit	Oat shortbread			
909		Fresh fruit available every day							

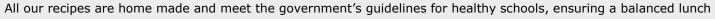
Did you know?





SPCA W

We make all our meals freshly in our onsite kitchens every day





All our meat is from South West England, and certified at least to RSPCA assured standards

All our cod is MSC certified, our tuna is dolphin friendly and our eggs are free range

We use low sugar and salt recipes and alternatives across our menu

Our supplier delivers in recyclable and reusable packaging, and has a 0% to landfill policy Gluten free, dairy free and other special diets catered for, please speak to us directly







WEEK B: 9,23 Nov 7 Dec	Monday Meat free	Tuesday	Wednesday	Thursday	Friday		
Hot Meal	Mediterranean roast vegetable pasta bake	Beef Goulash or mixed bean chilli	Roast Turkey and Stuffing or Quorn cottage pie	Sausage and mash or Veggie Sausage and Mash	Fish fingers or pizza wrap		
Hot Heal		Fluffy rice	Crispy roast potatoes		chips		
	Green vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Peas or baked beans		
Jacket potato	Jacket potatoes stuffed with a choice of fillings served with mixed salad.						
Dessert	Fruity Shortbread	Mandarin Jelly	Biscuit selection	Apple sponge cake	Choc shortbread		
	fresh fruit available every day						

Did you know?





We make all our meals freshly in our onsite kitchens every day

All our recipes are home made and meet the government's guidelines for healthy schools, ensuring a balanced lunch



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