

<b>WEEK A:</b> <b>Dairy free</b> <b>5th Sept</b> <b>26th Sept</b> <b>17th Oct</b>	<b>Monday</b> <b>Meat Free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	Mediterranean pasta bake  Served with herby bread and peas	Cheese burger Or loaded chickpea burger in a bun with lettuce  Served with herby potatoes	Roast Gammon Or cauliflower bake  Served with roast potatoes seasonal vegetables and gravy	Chicken tikka masala Or lentil Dahl  Served with 50/50 rice and sweetcorn	Fish finger Or Dairy free pizza  Served with chips peas or beans
<b>Jacket Potato</b>	Cheese or ratatouille served with fresh mixed salad.	Cheese or curry served with fresh mixed salad.	Beans Or cheese served with fresh mixed salad.	Beans or cheese served with fresh mixed salad.	Cheese and beans  served with fresh mixed salad.
<b>Cold option</b>	Cheese wrap or egg wrap served with pasta or 50/50 rice salad	Cheese roll or ham sandwich served with pasta or 50/50 rice salad	Ham roll or cheese wrap served with pasta or 50/50 rice salad	Cheese wrap or egg mayonnaise sandwich served with pasta or 50/50 rice salad	Cheese sandwich or ham sandwich served with pasta or 50/50 rice salad
<b>Dessert</b>	Frozen Smoothie  Fruity Jelly  Fruit salad  Berry crumble  Fresh fruit salad  Fresh fruit available every day				

<b>WEEK B: Dairy free 12th Sept 3rd Oct</b>	<b>Monday Meat free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	Mexican bean fajita  Served with 50/50 tomato rice and sweetcorn	Ham and sweetcorn pizza Or Cheese and tomato pizza Served with herby potatoes and peas	Roast turkey Or Vegetable hotpot  Served with roast potatoes seasonal vegetables and gravy	Bolognaise pasta Bake Or Red pepper and courgette pasta bake Served with broccoli	Fish fillet Or Veggie fingers  Served with chips and beans or sweetcorn
<b>Jacket Potato</b>	Cheese Or Veggie chilli  Served with fresh mixed salad	Beans and cheese  Served with fresh mixed salad	Cheese Or Beans  Served with fresh mixed salad	Bolognaise Or Cheese  Served with fresh mixed salad	Cheese and Beans  Served with fresh mixed salad
<b>Cold option</b>	Egg wrap Or Cheese Wrap  Served with pasta or 50/50 rice and salad	Ham roll Or Cheese sandwich  Served with pasta or 50/50 rice and salad	Cheese roll Or Tuna Mayonnaise wrap  Served with pasta or 50/50 rice and salad	Ham wrap Or Egg roll  Served with pasta or 50/50 rice and salad	Cheese sandwich Or Ham sandwich  Served with pasta or 50/50 rice and salad
<b>Dessert</b>	Fruit sponge	Fresh fruit salad	Fruit smoothy	Carrot cake	Jelly
Fresh fruit available every day					

WEEK C: Dairy free 19th Sept 10th Oct	<b>Monday Meat free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	Cheese and tomato pasta bake  Served with green vegetables	Pork Sausage  Or  vegetable sausage  Served with mashed potato and beans or sweetcorn	Minced beef and onion pie  Or  vegetable hot pot  Served with roast potatoes seasonal	Chicken chow main  Or  mushroom chow main  Served with green beans	Fish fingers  Or  salmon fish cake  Or  lentil burger  Served with chips beans or peas
<b>Jacket Potato</b>	Cheese and or beans  Served with a fresh mixed salad	Cheese and or beans  Served with a fresh mixed salad	Cheese and or beans  Served with a fresh mixed salad	Cheese and or beans  Served with a fresh mixed salad	Cheese and or beans  Served with a fresh mixed salad
<b>Cold option</b>	Cheese wrap  Or  egg roll  Served with pasta or 50/50 rice and salad	Cheese roll  Or  ham sandwich  Served with pasta or 50/50 rice and salad	Ham sandwich  Or  cheese sandwich  Served with pasta or 50/50 rice and salad	Ham wrap  Or  cheese wrap  Served with pasta or 50/50 rice and salad	Ham wrap  Or  cheese wrap  Served with pasta or 50/50 rice and salad
<b>Dessert</b>	Carrot cake	Orange jelly	Frozen smoothie	Blueberry jelly	Chocolate and beetroot whacky cake
Fresh fruit available every day					