

| WEEK C: 19th Sept 10th Oct | Monday Meat free | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|--|
| Hot Meal | Fully loaded mac and cheese Served with green vegetables | Pork Sausage Or vegetable sausage Served with cheesy mash and beans or sweetcorn | Minced beef and onion pie Or vegetable parcel Served with roast potatoes seasonal vegetable and gravy | Chicken chow main Or mushroom chow main Served with green beans | Fish fingers Or salmon fish cake Or cheese and onion quiche Served with chips beans or peas |
| Jacket Potato | Beans and cheese Served with a fresh mixed salad | Tuna mayonnaise Or beans Served with a fresh mixed salad | Beans Or cheese Served with a fresh mixed salad | Cheese and coleslaw Or beans Served with a fresh mixed salad | Cheese and beans Served with a fresh mixed salad |
| Cold Option | Cheese wrap Or egg roll Served with pasta or 50/50 rice and salad | Cheese roll Or tuna mayo 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 egg mayo Served with pasta or 50/50 rice and salad | Ham wrap Or cheese wrap Served with pasta or 50/50 rice and salad |
| Dessert | Fruity shortbread | Banana cake and custard | Frozen smoothie | Apricot flapjack | Chocolate and beetroot whacky cake |
| fresh fruit and yogurt available every day | | | | | |