

<b>WEEK C: 7th Nov 28th Nov</b>	<b>Monday Meat free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	Fully loaded mac and cheese  Served with green vegetables and garlic bread	Pork Sausage  Or vegetable sausage  Served with 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
<b>Jacket Potato</b>	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
<b>Cold Option</b>	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 sandwich  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>	Fruity shortbread	Banana cake and custard	Frozen smoothie	Apricot flapjack	Chocolate and beetroot whacky cake
Fresh bread, fresh fruit and yogurt available every day					