

WEEK A: Dairy free 9th Jan 30th Jan	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	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
Jacket Potato	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.
Cold option	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	Cheese sandwich or ham sandwich served with pasta or 50/50 rice salad
Dessert	Frozen Smoothie	Fruity Jelly	Fruit salad	Berry crumble	Fresh fruit salad
	Fresh fruit available every day				

WEEK B: Dairy free 16th Jan 6th Feb	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	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	Bolognese pasta Bake Or Red pepper and courgette pasta bake Served with broccoli	Fish fillet Or Veggie fingers Served with chips and beans or sweetcorn
Jacket Potato	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	Bolognese Or Cheese Served with fresh mixed salad	Cheese and Beans Served with fresh mixed salad
Cold option	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	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
Dessert	Fruit sponge	Fresh fruit salad	Fruit smoothy	Carrot cake	Jelly
	Fresh fruit available every day				

WEEK C: Dairy free 4th Jan 23rd Jan	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	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 mein Or mushroom chow mein Served with green beans	Fish fingers Or salmon fish cake Or lentil burger Served with chips beans or peas
Jacket Potato	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
Cold option	Cheese wrap Or egg roll Served with pasta or	Cheese roll Or ham sandwich Served with pasta or	Ham sandwich Or cheese sandwich Served with pasta or	Ham wrap Or cheese wrap Served with pasta or	Ham wrap Or cheese wrap Served with pasta or
Dessert	Carrot cake	Orange jelly	Frozen smoothie	Blueberry jelly	Chocolate and beetroot
Fresh fruit available every day					