

WEEK C: 4th Jan 23rd Jan	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	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 mein Or mushroom chow mein 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 sandwich 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 bread, fresh fruit and yogurt available every day					