

WEEK C: 20th Feb 13th March	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Fully loaded mac and cheese  Served with green vegetables and garlic bread	Minced beef and onion pie  Or vegetable parcel  Served with roast potatoes seasonal vegetable and gravy	Pork Sausage  Or vegetable sausage  Served with mash potatoes and beans or sweetcorn	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				