

WEEK A: 4th Sept 25th Sept 16th Oct	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Roasted vegetable lasagne Served with mixed green vegetables and garlic bread	Chicken and Mushroom Pie Or Creamy mushroom parcel Served with mashed potatoes seasonal vegetables and gravy	Sausage Or Vegetarian sausage Served with hash brown, mushrooms, tomatoes and baked beans	Sweet and sour chicken Or Chunky vegetables Sweet and sour Served with egg noodles and green beans	Fish fingers Or Salmon fish cake Or Vegetable fingers Served with chips peas or beans
Jacket potato	Beans and cheese Served with fresh mixed salad.	Beans Or Tuna mayo Served with fresh mixed salad.	Cheese and beans Or Salmon mayo Served with fresh mixed salad.	Cheese and coleslaw Or Beans 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 Tuna mayonnaise sandwich Served with pasta or 50/50 rice salad	Ham roll or Cheese wrap Served with pasta or 50/50 rice salad	Ham wrap or Egg mayonnaise sandwich Served with pasta or	Ham wrap or Cheese wrap Served with pasta or 50/50 rice salad
Dessert	Coconut shortbread	Raspberry jelly and cream	Blueberry cake and custard	Greek Yogurt with honey	Fresh fruit salad
	Fresh bread, Fresh fruit and yogurt available every day				