

WEEK C: 18th Sept 9th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheese and Onion quiche Served with new potatoes and peas	Roast Turkey Or Vegetable bake Served with roast potatoes seasonal vegetables and gravy	Chicken Or Mixed pepper fajita Served with tomato rice and sweetcorn	Spaghetti bolognese Or Vegetable bolognese Served with garlic bread and mixed vegetables	Fish fingers Or Pizza wrap Served with chips beans or sweetcorn
Jacket Potato	Cheese and coleslaw Or Baked beans 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 Or Tuna mayonnaise 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 roll Or Cheese wrap Served with pasta or 50/50 rice and salad	Ham wrap Or Egg mayo sandwich Served with pasta or 50/50 rice and salad	Cheese sandwich Or Ham sandwich Served with pasta or 50/50 rice and salad
Dessert	Lemon Shortcake	Fresh fruit salad	Bananas and ice cream	Summer crumble and custard	Frozen smoothie pot
Fresh bread, fresh fruit and yogurt available every day					