

WEEK A: Dairy free 13th Nov 4th Dec	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Tomato and herby pasta bake Served with herby bread and green beans	Mild chicken curry Or Red pepper and butternut squash curry Served with 50/50 rice and sweetcorn	Roast Turkey Or Veggie sausage Served with roast potatoes seasonal veg and gravy	Cottage pie Or Winter vegetable pie Served with seasonal vegetables	Fish fingers Or Cheesy bean wrap Served with chips, beans or peas
Jacket Potato	Cheese Or Beans served with fresh mixed salad.	Cheese Or Chicken curry served with fresh mixed salad.	Beans Or Salmon mayo 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 and cheese roll Or Tuna mayo wrap served with pasta or 50/50 rice salad	Cheese wrap Or Egg mayonnaise sandwich served with pasta or 50/50 rice salad	Cheese sandwich Or Ham sandwich served with pasta or 50/50 rice salad
Dessert	Lemon cake	Peaches and ice cream	Strawberry jelly	Carrot cake	Frozen smoothie
	Fresh fruit available every day				

WEEK B: Dairy free 30th Oct 20th Nov 11th Dec	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mediterranean pasta bake Served with Herby bread and green beans	Chicken wrap Or Sweet potatoes and courgette wrap Served with 50/50 rice and corn on the cob	Gammon ham Or Cauliflower bake Served with Mashed potatoes seasonal veg and gravy	Spaghetti bolognese Or Chunky vegetable bolognese Served with herby bread and peas	Fish fingers Or Vegetable fingers Served with chips and beans or sweetcorn
Jacket Potato	Cheese Or Beans Served with fresh mixed salad	Beans Or Tuna mayo Served with fresh	Cheese and beans Or Salmon mayo 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 50/50 rice and salad	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	Lemon cake	Dairy free ice cream	Banana cake	Orange jelly	Fresh fruit salad
Fresh fruit available every day					

WEEK C: Dairy free 6th Nov 27th Nov	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheese and tomato pizza Served with herby potatoes and sweetcorn	Beef chilli con carne Or Mixed bean chilli con carne Served with 50/50 rice and peas and carrots	Sausage Or Veggie sausage Served with mashed potatoes seasonal vegetables and onion gravy	Chicken and red pepper pasta bake Or Mushroom and red pepper pasta bake Served with Herby bread and broccoli	Battered Fish fillet Or Cheese and onion pasty Or Salmon sticks Served with chips, beans and 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 50/50 rice and salad	Cheese roll Or Ham 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 Cheese wrap Served with pasta or 50/50 rice and salad	Ham sandwich Or Cheese sandwich Served with pasta or 50/50 rice and salad
Dessert	Raspberry jelly	Fresh fruit salad	Carrot cake	Frozen smoothie pot	Lemon cake
	Fresh fruit available every day				