

WEEK B: 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	Tandoori chicken wrap Or Tandoori sweet potato and courgette wrap Served with 50/50 rice and corn on the cob	Gammon ham Or Cauliflower cheese Served with mashed potatoes and seasonal vegetables and gravy	Spaghetti bolognaise Or Chunky vegetable bolognaise Served with garlic bread, 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 mixed salad	Cheese and beans Or Salmon mayo Served with fresh mixed salad	Bolognaise 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	Chocolate and orange biscuit	Greek yogurt and honey	Banana cake and custard	Orange jelly and whipped cream	Fresh fruit salad
Fresh bread, fresh fruit and yogurt available every day					