

WEEK C: 9th Sept 30th Sept 14th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Chinese veggie noodles Or Cheesy topped pasta bake Served with seasonal vegetables	Sausages Or Veggie sausages Served with mashed potatoes, seasonal vegetables and gravy	Beef burrito Or Chunky veggie burrito Served with tortilla chips and vegetables	Chicken and leek pasta bake Or Leek and pea pasta bake Served with garlic bread and seasonal vegetables	Fish fingers Or Cheese and onion quiche Served with chips, beans or sweetcorn
Jacket Potato	Cheese Or 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 slice	Banana cake and custard	Yogurt and honey	Berry jelly	Pineapple upside down cake and custard
Fresh bread, fresh fruit and yogurt available every day					