

WEEK A: Dairy free 1st Sept 22nd Sept 13th Oct	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mediterranean pasta bake Served with 50/50 rice salad	Chicken and vegetable potato topped pie Or Loaded vegetable and bean pie Served with roast potatoes and seasonal vegetable and gravy	Sausage Or Veggie sausage Served with scrambled egg, potato slices and beans or tomatoes	Spaghetti bolognaise Or Quorn bolognaise Served with garlic bread and seasonal vegetables	Fish cake Or Vegetable fingers Served with chips, beans or peas
Jacket Potato	Beans or Cheese Served with fresh mixed salad	Beans Or Cheese Served with fresh mixed salad	Cheese and beans Or Salmon mayo Served with fresh mixed salad	Cheese 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 Ham 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 50/50 rice salad	Ham wrap Or Cheese wrap Served with pasta or 50/50 rice salad
Dessert	Peaches and yogurt	Lemon slice	Peach and berry oatly crumble	Banana and carrot slice	Ice cream
	Fresh fruit available every day				

WEEK B: Dairy free 8th Sept 29th Sept 20th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mediterranean vegetable and lentil pasta bake Served with garlic bread and seasonal vegetables	Chicken burger with lettuce and mayo Or Veggie burger with lettuce and mayo Served with herby potatoes and sweetcorn	Roast turkey Or Quorn sausage Served with roast potatoes, peas and gravy	Mexican chilli Or Mix bean chilli Served with 50/50 rice and seasonal vegetables	Fish fingers Or Salmon fish cake Or Stir-fry vegetables and rice Served with chips, beans or peas
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	Beans 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	Summer fruit and yogurt	Oaty fruit crunch	Fruity flapjack	Banana and apricot cake	Jelly and peaches
	Fresh fruit available every day				

WEEK C: Dairy free 15th Sept 6th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheese and tomato pizza slice Or Vegetable pizza slice Served with pasta salad	Minced beef and onion potato topped pie Or Vegetable and butter bean hot pot Served with mashed potatoes, seasonal vegetables and gravy	Hot dog Or Quorn hot dog Served with wedges and sweetcorn	Chicken curry Or Vegetable, chickpea and spinach curry Served with 50/50 rice and mixed	Fish fillet Or Salmon fish cake Or Cheesy topped tomato and lentil pasta bake 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	Yogurt and pineapple	Banana oat bite	Fruity chocolate brownie	Apple and carrot muffin	Frozen fruit smoothie
	Fresh fruit available every day				