

WEEK A: 1st Sept 22nd Sept 13th Oct	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Falafel wrap Or Cheese and leek quiche 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, hash brown 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 oaty crumble and custard	Banana and carrot slice	Ice cream pot
	Fresh bread, Fresh fruit and yogurt available every day				