

WEEK B: 8th Sept 29th Sept 20th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mac and cheese Or 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	Oat fruit crunch	Fruity flapjack	Banana and apricot cake and custard	Jelly and Peaches
	Fresh bread, fresh fruit and yogurt available every day				