

WEEK C: 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	Minced beef and onion pie Or Vegetable and butter bean slice Served with mashed potatoes, seasonal vegetables and gravy	Hot dog Or Quorn hot dog Served with wedges and sweetcorn	Creamy chicken curry Or Vegetable, chickpea and spinach curry Served with 50/50 rice	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 and custard	Apple and carrot muffin	Frozen fruit smoothie
	Fresh bread, fresh fruit and yogurt available every day				