

WEEK A: Dairy free 10th Nov 1st Dec	<b>Monday</b> <b>Meat Free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	Cheese and tomato pizza slice Or Vegetable pizza slice  Served with dry roast potato wedges and sweetcorn	Chicken casserole Or Fully loaded butterbean casserole  Served with mashed potatoes and seasonal vegetables	Roast gammon Or Cauliflower bake  Served with roast potatoes, seasonal vegetables and gravy	Creamy chicken and vegetable pasta bake Or Creamy Vegetable pasta bake  Served with garlic bread, broccoli and carrots	Fish fingers Or Salmon fish cake Or Sweet potato and chick pea curry  Served with chips, beans or sweetcorn
<b>Jacket Potato</b>	Beans Or Cheese  Served with fresh mixed salad	Beans Or Cheese  Served with fresh mixed salad	Cheese and beans Or Tuna mayo  Served with fresh mixed salad	Cheese Or Beans  Served with fresh mixed salad	Cheese and beans  Served with fresh mixed salad
<b>Cold option</b>	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
<b>Dessert</b>	Coconut yogurt with peaches	Fruity oat bar	Sweet potato brownie	Hulk and custard (pea cake)	Vanilla ice cream with fruit pot
Fresh fruit available every day					

<b>WEEK B:</b> <b>Dairy free</b> <b>17th Nov</b> <b>8th Dec</b>	<b>Monday</b> <b>Meat free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	Mexican bean chilli Or Mexican bean burrito  Served with 50/50 rice, peas and green beans	Sausages Or Veggie sausages  Served with mashed potatoes, peas and carrots, gravy	Roast turkey Or Fully loaded vegetable and butter bean pie  Served with roast potatoes and seasonal vegetables	Lasagne Or Vegetable lentil Lasagne  Served with wholegrain garlic bread and seasonal vegetables	Fish fingers Or Pea fritter  Served with chips, beans or peas
<b>Jacket Potato</b>	Cheese and beans  Served with a fresh mixed salad	Cheese and Coleslaw Or Tuna and Mackerel mayo  Served with a fresh mixed salad	Cheese and beans Or Salmon mayo  Served with a fresh mixed salad	Tuna mayo Or Baked beans  Served with a fresh mixed salad	Cheese and beans Or Cheese and coleslaw  Served with a fresh mixed salad
<b>Cold option</b>	Cheese wrap Or Egg roll  Served with pasta or 50/50 rice and salad	Cheese roll Or Tuna mayo (hidden extra omega 3) 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
<b>Dessert</b>	coconut yogurt with honey	Apple and blackberry crumble	Fresh fruit	Butternut squash cake	Strawberry ice cream with fruit
	Fresh fruit available every day				

<b>WEEK C:</b> <b>Dairy free</b> <b>3rd Nov</b> <b>24th Nov</b> <b>15th Dec</b>	<b>Monday</b> <b>Meat free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	Butternut squash macaroni and cheese  Or  Tomato and herby pasta bake  Served with green vegetables	Acacia's Spanish stew (chicken)  Or  Veggie lentil Spanish stew  Served with bread and seasonal vegetables	Cottage pie  Or  Mixed bean vegetable pie  Served with seasonal vegetables and gravy	Caribbean chicken curry  Or  Sweet potato and chick pea curry  Served with 50/50 whole grain rice and seasonal vegetables	Fish Fillet  Or  Vegetable stir fry with Noodles  Served with chips, beans or mushy peas
<b>Jacket Potato</b>	Cheese and beans  Served with a fresh mixed salad	Cheese and Coleslaw Or Tuna and Mackerel mayo (hidden extra omega 3) Served with a fresh mixed salad	Cheese and beans Or Cheese and coleslaw Served with a fresh mixed salad	Tuna mayo (hidden extra omega 3) Or salmon mayo Served with a fresh mixed salad	Cheese and beans Or Cheese and coleslaw Served with a fresh mixed salad
<b>Cold option</b>	Cheese wrap Or Egg roll  Served with pasta or 50/50 rice and salad	Cheese roll Or Tuna mayo (hidden extra omega 3) 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
<b>Dessert</b>	Coconut yogurt	Oat and banana cookie	Fresh fruit	Butternut squash toffee cake	Apple cake
Fresh fruit available every day					