

WEEK A: 10th Nov 1st Dec	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheese and tomato pizza slice Or Vegetable pizza slice Served with dry roasted 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
Jacket potato	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
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	Greek yogurt with peaches	Fruity oat bar	Sweet potato brownie	Hulk and custard (pea cake)	Vanilla ice cream with fruit pot
	Fresh bread, fresh fruit and yogurt available every day				