Served with fresh mixed salad Egg wrap Or Cheese wrap Cheese sandwich Cheese sandwich Cheese sandwich Cheese roll Or Cheese wrap Served with fresh mixed salad Cheese roll Or Tuna mayonnaise (hidden extra omega 3) wrap Served with pasta or 50/50 rice and salad Served with fresh mixed salad Cheese roll Or Tuna mayonnaise (hidden extra omega 3) wrap Served with pasta or 50/50 rice and salad				0000		LIS.
Hot Meal Hot Meal Mexican bean chilli Or Mexican bean burrito Served with 50/50 rice, peas and green beans Tuna Mayo and Mackerel (hidden extra omega 3) Or Cheese Mixed salad Cheese Served with fresh mixed salad Tuna Mayo and Mackerel (hidden extra omega 3) Or Cheese Served with fresh mixed salad Figg wrap Or Cheese wrap Served with pasta or 50/50 rice and salad Served with pasta or 50/50 rice and salad Mexican bean burrito Veggie sausages Served with mashed potatoes, peas and carrots, gravy Cheese and beans Or Salmon mayo Served with fresh mixed salad Cheese and beans Served with fresh mixed salad Cheese and beans Served with fresh mixed salad Cheese roll Or Tuna mayonnaise (hidden extra omega 3) Or Tuna mayonnaise (hidden extra omega 3) Wrap Served with pasta or 50/50 rice and salad Served with pasta or 50/50 rice and salad	17th Nov		Tuesday	Wednesday	Thursday	Friday
Cheese and beans Served with fresh mixed salad Egg wrap Or Cheese wrap Cheese wrap Cheese sandwich Cheese sandwich Cheese sandwich Cheese sandwich Cheese sandwich Cheese sandwich Cheese roll Or Tuna mayonnaise (hidden extra omega 3) Or Cheese and beans Or Served with fresh mixed salad Cheese roll Or Tuna mayonnaise (hidden extra omega 3) Wrap Served with pasta or 50/50 rice and salad Greek Yogurt with Cheese and beans Or Served with fresh mixed salad Fey with pasta or 50/50 rice and salad Cheese roll Or Tuna mayonnaise (hidden extra omega 3) Wrap Served with pasta or 50/50 rice and salad Served with pasta or 50/50 rice and salad Greek Yogurt with Apple and blackberry Crumble with gustard Cheese and beans Or Served with fresh mixed salad Served with pasta or 50/50 rice and salad	Hot Meal	Or Mexican bean burrito Served with 50/50 rice, peas and green	Or Veggie sausages Served with mashed potatoes, peas and	Or Creamy vegetable and butterbean pie Served with roast potatoes and seasonal	Or Vegetable lentil Lasagne Served with wholemeal garlic bread and seasonal	Or Pea fritter Served with chips,
Cold Option Cheese wrap Cheese sandwich Cheese sandwich Cheese sandwich Cheese sandwich Served with pasta or 50/50 rice and salad Greek Yogurt with benow Cheese sandwich Or Cheese sandwich Or Tuna mayonnaise (hidden extra omega 3) wrap Served with pasta or 50/50 rice and salad Strawberry ice crean with fruit	Jacket Potato	Served with fresh	Mackerel (hidden extra omega 3) Or Cheese Served with fresh	Or Salmon mayo Served with fresh	Or Baked beans Served with fresh	Or Cheese and coleslaw Served with fresh
honov crumble with custard Leffion Shortbread cake with fruit	Cold Option	Or Cheese wrap Served with pasta or	Or Cheese sandwich Served with pasta or	Or Tuna mayonnaise (hidden extra omega 3) wrap Served with pasta or	Or Egg roll Served with pasta or	Or
Fresh bread, fresh fruit and vogurt available every day	Dessert		crumble with custard		cake	Strawberry ice cream with fruit