

WEEK C: 3rd Nov 24th Nov 15th Dec	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	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
Jacket Potato	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
Cold Option	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
Dessert	Greek yogurt with berry compote	Oat and banana cookie	Yogurt and courgette cake	Butternut squash toffee cake	Apple cake and custard
	Fresh bread, fresh fruit and yogurt available every day				