

WEEK B: 12th Jan 2nd Feb	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	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 Creamy vegetable and butterbean pie Served with roast potatoes and seasonal vegetables	Lasagne Or Vegetable lentil Lasagne Served with wholemeal garlic bread and seasonal vegetables	Fish fingers Or Pea fritter Served with chips, beans or peas
Jacket Potato	Cheese and beans Served with fresh mixed salad	Tuna Mayo and Mackerel (hidden extra omega 3) Or Cheese Served with fresh mixed salad	Cheese and beans Or Salmon mayo Served with fresh mixed salad	Tuna Mayo Or Baked beans Served with fresh mixed salad	Cheese and beans Or Cheese and coleslaw Served with fresh mixed salad
Cold Option	Egg wrap Or Cheese wrap Served with pasta or 50/50 rice and salad	Ham roll Or Cheese sandwich Served 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	Ham wrap Or Egg roll 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 honey	Apple and blackberry crumble with custard	Lemon shortbread	Butternut squash cake	Strawberry ice cream with fruit
	Fresh bread, fresh fruit and yogurt available every day				