

WEEK A: Dairy free 7th Sept 28th Sept 19th Oct	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Macaroni and cheese Or Lentil and courgette pasta bake Served with green beans and garlic bread	Hot dog Or Quorn hot dog Served with potatoes or pasta salad and vegetable crudites	Roast beef Or Halal chicken Or Leek and butterbean pie Served with roast potatoes, seasonal vegetables and gravy	Chicken tacos Or Veggie tacos Served with salsa, rice and sweetcorn	Fish finger Or Fully loaded vegetable pasta bake Served with chips and beans or peas
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	Mixed fruit and yogurt	Apple and carrot muffin	Peach crumble	Fruit jelly	Vanilla ice cream
	Fresh fruit available every day				

WEEK B: Dairy free 14th Sept 5th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheese and tomato pizza Or Roasted veggie pizza Served with wedges and sweetcorn	Chicken chow mein Or Vegetable and bean stir fry Served with 50/50 rice and mixed veg	Sausage Or Quorn sausages Served with mash potato, seasonal vegetables and onion gravy	Spaghetti Bolognese Or Quorn spaghetti bolognese Served with garlic bread and green beans	Fish fillet Or Salmon fish cake Or Cheese and onion quiche Served with chips and beans or peas
Jacket Potato	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
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	Yogurt with berries	Chocolate brownie	Fruity shortbread	Orange and peach jelly and yogurt	Strawberry ice cream
	Fresh fruit available every day				

WEEK C: Dairy free 21st Sept 12th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Tomato and lentil pasta bake	Coconut chicken curry	Roast Gammon	Sausage roll	Fish fingers
	Or	Or	Or	Or	Or
	Creamy vegetable spaghetti	Coconut, squash and chickpea curry	Cauliflower bake	Veggie sausage roll	Sweetcorn and red pepper pizza slice
	Served with garlic bread and peas and sweetcorn	Served with turmeric rice and vegetables	Served with roast potatoes, seasonal vegetable and gravy	Served with mash potatoes and peas	Served with chips and beans or peas
Jacket Potato	Cheese and beans	Cheese and Coleslaw Or Tuna and Mackerel mayo (hidden extra omega 3)	Cheese and beans Or Cheese and coleslaw	Tuna mayo (hidden extra omega 3) Or salmon mayo	Cheese and beans Or Cheese and coleslaw
	Served with a fresh mixed salad	Served with a fresh mixed salad	Served with a fresh mixed salad	Served with a fresh mixed salad	Served with a fresh mixed salad
Cold option	Cheese wrap Or Egg roll	Cheese roll Or Tuna mayo (hidden extra omega 3) sandwich	Ham roll Or Cheese wrap	Ham wrap Or Egg mayo sandwich	Cheese sandwich Or Ham Sandwich
	Served with pasta or 50/50 rice and salad	Served with pasta or 50/50 rice and salad	Served with pasta or 50/50 rice and salad	Served with pasta or 50/50 rice and salad	Served with pasta or 50/50 rice and salad
Dessert	Yogurt with honey	Banana and carrot slice	Apple and berry crumble	Raspberry yogurt cake	Strawberry jelly
	Fresh fruit available every day				