

WEEK B: 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	Sausages 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, 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 mayo (hidden extra omega 3) 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	Yogurt with berries	Chocolate brownie custard	Fruity shortbread	Orange and peach jelly and cream	Strawberry ice cream
	Fresh bread, fresh fruit and yogurt available every day				