

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