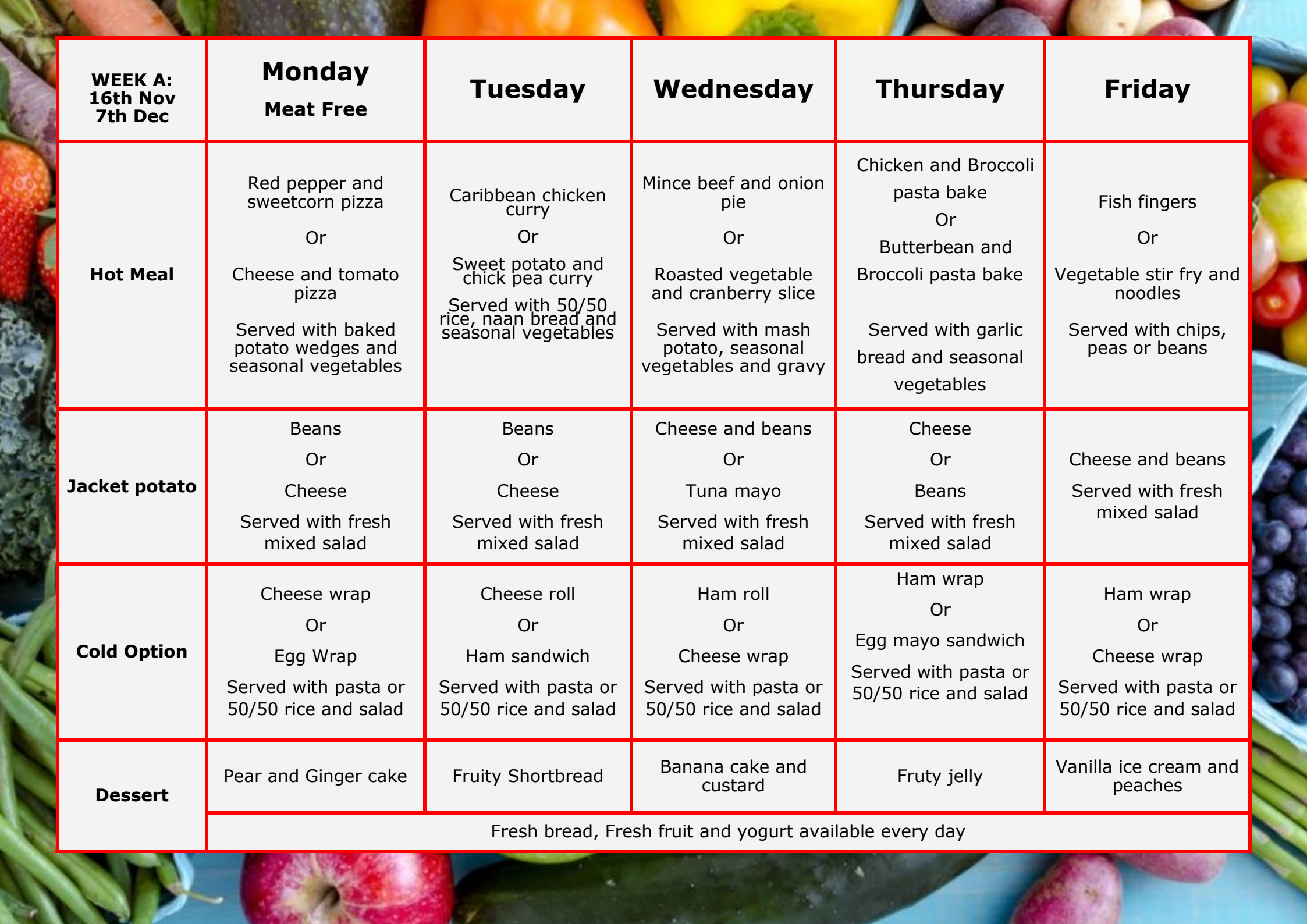


| WEEK A: 16th Nov 7th Dec | Monday<br>Meat Free | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Hot Meal** | Red pepper and sweetcorn pizza<br>Or<br>Cheese and tomato pizza<br>Served with baked potato wedges and seasonal vegetables | Caribbean chicken curry<br>Or<br>Sweet potato and chick pea curry<br>Served with 50/50 rice, naan bread and seasonal vegetables | Mince beef and onion pie<br>Or<br>Roasted vegetable and cranberry slice<br>Served with mash potato, seasonal vegetables and gravy | Chicken and Broccoli pasta bake<br>Or<br>Butterbean and Broccoli pasta bake<br>Served with garlic bread and seasonal vegetables | Fish fingers<br>Or<br>Vegetable stir fry and noodles<br>Served with chips, peas or beans |
| **Jacket potato** | Beans<br>Or<br>Cheese<br>Served with fresh mixed salad | Beans<br>Or<br>Cheese<br>Served with fresh mixed salad | Cheese and beans<br>Or<br>Tuna mayo<br>Served with fresh mixed salad | Cheese<br>Or<br>Beans<br>Served with fresh mixed salad | Cheese and beans<br>Served with fresh mixed salad |
| **Cold Option** | Cheese wrap<br>Or<br>Egg Wrap<br>Served with pasta or 50/50 rice and salad | Cheese roll<br>Or<br>Ham sandwich<br>Served with pasta or 50/50 rice and salad | Ham roll<br>Or<br>Cheese wrap<br>Served with pasta or 50/50 rice and salad | Ham wrap<br>Or<br>Egg mayo sandwich<br>Served with pasta or 50/50 rice and salad | Ham wrap<br>Or<br>Cheese wrap<br>Served with pasta or 50/50 rice and salad |
| **Dessert** | Pear and Ginger cake | Fruity Shortbread | Banana cake and custard | Fruty jelly | Vanilla ice cream and peaches |
| | Fresh bread, Fresh fruit and yogurt available every day | | | | |

| WEEK B:<br>2nd, Nov<br>23rd Nov<br>14th Dec | Monday<br>Meat free | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Hot Meal** | Squash and red pepper pasta bake<br>Or<br>Roasted vegetable pasta bake<br>Served with garlic bread and seasonal vegetables | Moroccan Meatballs<br>Or<br>Moroccan vegan meatballs<br>Served with mint Yogurt, 50/50 rice and seasonal vegetables | Roast Gammon<br>Or<br>Winter vegetable hot pot<br>Served with roasted potatoes, seasonal vegetables and gravy | Mexican chicken layer bake<br>Or<br>Squash and mixed bean layer bake<br>Served with Savoury rice and mixed vegetables | Fish fillet<br>Or<br>Salmon fish cake<br>Or<br>Cheese and tomato pinwheel<br>Served with chips, beans or sweetcorn |
| **Jacket Potato** | Cheese and beans<br>Served with fresh mixed salad | Tuna mayo and Mackerel<br>Or<br>Cheese and coleslaw<br>Served with fresh mixed salad | Cheese and beans<br>Or<br>Salmon mayo<br>Served with fresh mixed salad | Tuna mayo<br>Or<br>Baked beans<br>Served with fresh mixed salad | Cheese and beans<br>Or<br>Cheese and Coleslaw<br>Served with fresh mixed salad |
| **Cold Option** | Egg roll<br>Or<br>Cheese wrap<br>Served with pasta or 50/50 rice and salad | Ham roll<br>Or<br>Cheese wrap<br>Served with pasta or 50/50 rice and salad | Cheese roll<br>Or<br>Tuna Mayo (hidden extra omega 3) sandwich<br>Served with pasta or 50/50 rice and salad | Ham wrap<br>Or<br>Egg mayo s<br>Served with pasta or 50/50 rice and salad | Cheese sandwich<br>Or<br>Ham sandwich<br>Served with pasta or 50/50 rice and salad |
| **Dessert** | Cherry shortbread | Carrot and orange cake | Apple sponge | Yogurt and honey | Fruity shortbread |
| | Fresh bread, fresh fruit and yogurt available every day | | | | |

| WEEK C:<br>9th Nov<br>30th Nov | Monday<br>Meat free | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Hot Meal** | Cheesy tomato and lentil pasta bake<br>Or<br>Cheese and potato pie<br>Served with seasonal vegetables | Beef burrito<br>Or<br>Mexican bean fajita<br>Served with sour cream, 50/50 rice and seasonal vegetables | Sausage<br>Or<br>Quorn sausage<br>Served with mashed potatoes and seasonal vegetables | Chicken and vegetable pie<br>Or<br>Vegetable pie<br>Served with roast potatoes, seasonal vegetable, gravy | Fish fingers<br>Or<br>Vegetable curry and rice<br>Served with chips beans or peas |
| **Jacket Potato** | Cheese and beans<br>Served with a fresh mixed salad | Cheese and coleslaw<br>Or<br>Tuna mayo (hidden extra omega 3)<br>Served with a fresh mixed salad | Cheese and beans<br>Or<br>Cheese and coleslaw<br>Served with a fresh mixed salad | Tuna mayo (hidden extra omega 3)<br>Or<br>Salmon Mayo<br>Served with a fresh mixed salad | Cheese and beans<br>Or<br>Cheese and coleslaw<br>Served with a fresh mixed salad |
| **Cold Option** | Cheese wrap<br>Or<br>Egg roll<br>Served with pasta or 50/50 rice and salad | Cheese roll<br>Or<br>Tuna mayo (hidden extra omega 3) sandwich<br>Served with pasta or 50/50 rice and salad | Ham roll<br>Or<br>Cheese wrap<br>Served with pasta or 50/50 rice and salad | Ham wrap<br>Or<br>Egg mayo sandwich<br>Served with pasta or 50/50 rice and salad | Cheese sandwich<br>Or<br>Ham Sandwich<br>Served with pasta or 50/50 rice and salad |
| **Dessert** | Yogurt and mixed berries | Chocolate brownie with custard | Peach sponge | Cinnamon and raisin shortbread | Pineapple upside down cake |
| | Fresh bread, fresh fruit and yogurt available every day | | | | |