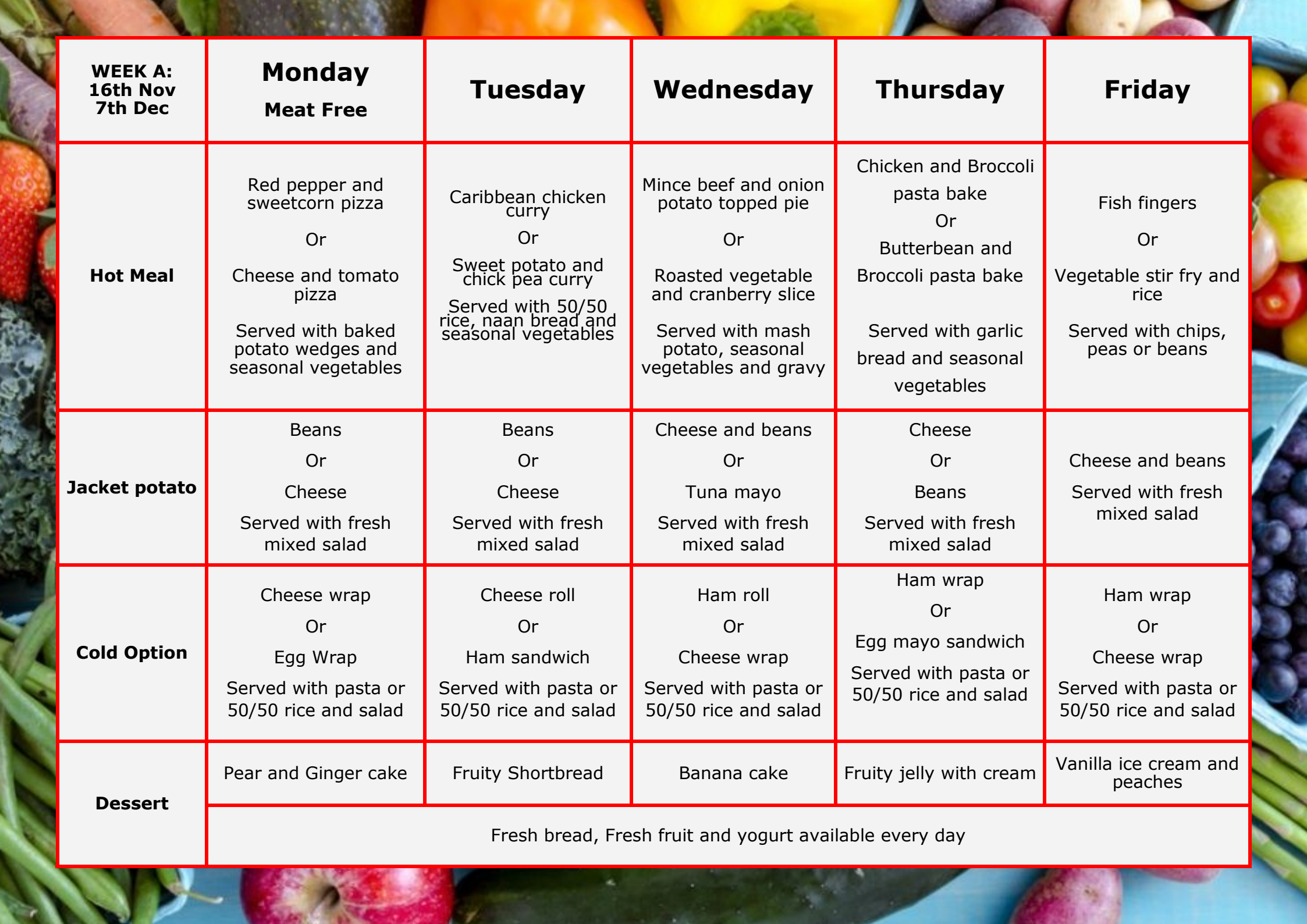


WEEK A: 16th Nov 7th Dec	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Red pepper and sweetcorn pizza Or Cheese and tomato pizza Served with baked potato wedges and seasonal vegetables	Caribbean chicken curry Or Sweet potato and chick pea curry Served with 50/50 rice, naan bread and seasonal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

WEEK B: 2nd, Nov 23rd Nov 14th Dec	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Squash and red pepper pasta bake Or Roasted vegetable pasta bake Served with garlic bread and seasonal vegetables	Moroccan Meatballs Or Moroccan vegan meatballs Served with mint Yogurt, 50/50 rice and seasonal vegetables	Roast Gammon Or Winter vegetable hot pot Served with roasted potatoes, seasonal vegetables and gravy	Mexican chicken layer bake Or Squash and mixed bean layer bake Served with Savoury rice and mixed vegetables	Fish fillet Or Salmon fish cake Or Cheese and tomato pinwheel Served with chips, beans or sweetcorn
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) 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	Cherry shortbread	Carrot and orange cake	Apple sponge	Yogurt and honey	Fruity shortbread
	Fresh bread, fresh fruit and yogurt available every day				



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