

WEEK B: 2nd, Nov 23rd Nov 14th Dec	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Macaroni cheese 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) 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 with custard	Apple and pear crumble with cream	Yogurt and honey	Fruity flapjack
	Fresh bread, fresh fruit and yogurt available every day				