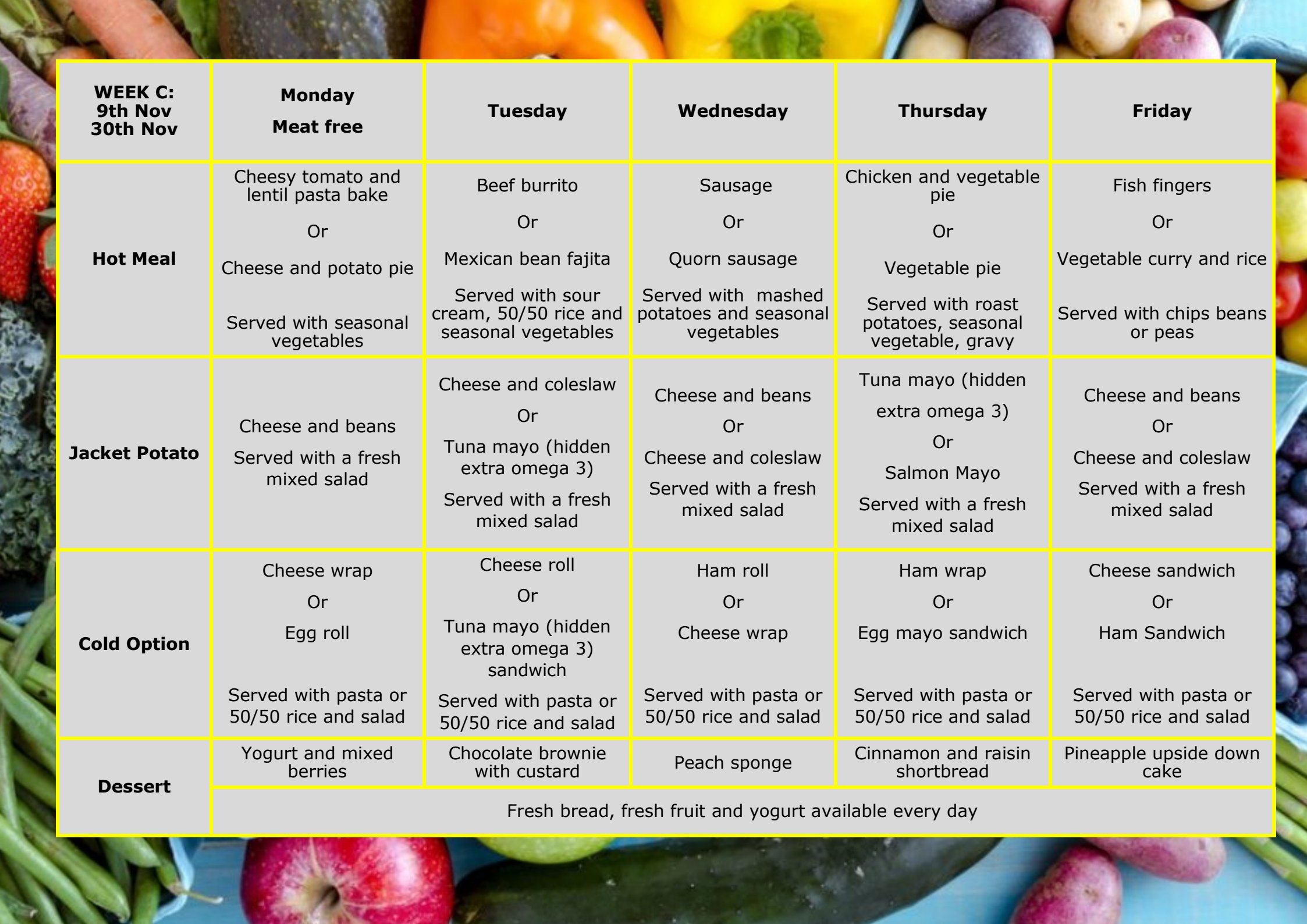


WEEK C: 9th Nov 30th Nov	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheesy tomato and lentil pasta bake Or Cheese and potato pie Served with seasonal vegetables	Beef burrito Or Mexican bean fajita Served with sour cream, 50/50 rice and seasonal vegetables	Sausage Or Quorn sausage Served with mashed potatoes and seasonal vegetables	Chicken and vegetable pie Or Vegetable pie 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 with custard	Peach sponge	Cinnamon and raisin shortbread	Pineapple upside down cake
	Fresh bread, fresh fruit and yogurt available every day				