

WEEK A: Dairy free 16th Sept 30th Sept	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Red pepper and sweetcorn pizza Or Cheese and tomato pizza Served with rice salad and sweetcorn	Roast Gammon Or Quorn cottage pie Served with roast potatoes, seasonal vegetables and gravy	Chicken Biryani Or Sweet potato and mushroom biryani Served with mixed vegetables	Pasta bolognaise Or Vegetables Pasta bake Served with green vegetables and garlic bread	Fish fingers Or Vegetable pasty Served with chips, beans or peas
Jacket Potato	Beans or Cheese Served with fresh mixed salad	Beans Or Cheese Served with fresh mixed salad	Cheese and beans Or Salmon 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 salad	Cheese roll Or Ham sandwich Served with pasta or 50/50 rice salad	Ham roll Or Cheese wrap Served with pasta or 50/50 rice salad	Ham wrap Or Egg mayonnaise sandwich Served with pasta or 50/50 rice salad	Ham wrap Or Cheese wrap Served with pasta or 50/50 rice salad
Dessert	Carrot cake slice	Banana slice	Fully loaded strawberry jelly	Yogurt and peaches	Fruity chocolate brownie
Fresh fruit available every day					

WEEK B: Dairy free 2nd Sept 23rd Sept 7th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Tomato and herby bake Served with green vegetables and herby bread	Roast Turkey Or Butternut squash and potato pastry slice Served with mashed potato, seasonal vegetable and gravy	Mexican chicken layer bake Or Mexican chunky vegetable layer bake Served with 50/50 rice and sweetcorn	Sticky beef noodles Or Veggie noodles Served with seasonal vegetables	Fish fillet Or Salmon fishcake Or Veggie sausage Served with chips, beans or peas
Jacket Potato	Cheese Or Beans Served with fresh mixed salad	Beans Or Tuna Mayo Served with fresh mixed salad	Cheese and beans Or Salmon mayo Served with fresh mixed salad	Beans Or Cheese Served with fresh mixed salad	Cheese and beans 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 Mayonnaise 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	Orange, sultana and carrot slice	Peach and berry crumble with custard	Strawberry jelly	Yogurt and pineapple	Orange jelly
Fresh fruit available every day					

WEEK C: Dairy free 9th Sept 30th Sept 14th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Chinese veggie noodles Or Cheesy topped pasta bake Served with seasonal vegetables	Sausage Or Veggie sausage Served with seasonal vegetables and gravy	Beef burrito Or Chunky veggie burrito Served with tortilla chips and vegetables	Chicken and leek pasta bake Or Leek and pea pasta bake Served with garlic bread and seasonal vegetable	Fish fingers Or Cheese and onion quiche Served with chips, beans or sweetcorn
Jacket Potato	Cheese Or Beans Served with a fresh mixed salad	Tuna Mayonnaise Or Beans Served with a fresh mixed salad	Beans Or Cheese Served with a fresh mixed salad	Cheese Or Tuna Mayonnaise Served with a fresh mixed salad	Cheese and beans 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 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	Lemon slice	Banana cake	Yogurt and honey	Berry jelly	Pineapple cake
Fresh fruit available every day					