

WEEK B: 2nd Sept 23rd Sept 7th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mac and cheese Or Tomato and herb 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	Chocolate slice	Yogurt and pineapple	Orange jelly
Fresh bread, fresh fruit and yogurt available every day					