

| Week 1 | | MEAT FREE MONDAY | ROAST DINNER WEDNESDAY | | FISHY FRIDAY |
|---------|--|--------------------------------------|---|---------------------------------------|--------------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Hidden Vegetable Mac N Cheese (GF Pasta) | Moroccan Style Lamb (No Cumin) | Roast Beef & Gravy (No yorkie) extra potato | Mild Spiced Chicken W/ GF Bread | Bubble coated Fish |
| 2nd (V) | | Moroccan Style Vegetables (No Cumin) | (V) Quorn mince W/ Gravy | Jacket Potato with Cheese Filling (V) | GF Filled Sandwich/Wrap/ or Roll (V) |
| 3rd | GF Filled Sandwich/Wrap/ or Roll (V) | Jacket Potato with choice of Filling | GF Filled Sandwich/Wrap/ or Roll (V) | Tuna and Sweetcorn GF Pasta | |
| Sides | Broccoli | Rice; Roasted Vegetables | New Potatoes; Carrot & Swede | Selection of Salad Sticks | Chips; Peas & Sweetcorn |
| Dessert | Winter Berries W/ GF DF Ice cream | Mixed Melon | GF Muffin | Fruit Jelly | Fudge Yoghurt |

| Week 2 | | MEAT FREE MONDAY | ROAST DINNER WEDNESDAY | | FISHY FRIDAY |
|---------|--------------------------------------|--|--------------------------------------|--------------------------------------|--------------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Mexican Bean Chilli | BBQ Chicken Fillet Burger (GF Bun) | Braised Pork W/ Apple | Beanie Cottage Pie with Cheesy Top | Bubble coated Fish |
| 2nd (V) | | Frittata | Braised Quorn W/ Apple | Beanie Pie with Cheesy Top (V) | GF Filled Sandwich/Wrap/ or Roll (V) |
| 3rd | GF Filled Sandwich/Wrap/ or Roll (V) | Jacket Potato with choice of Filling (V) | GF Filled Sandwich/Wrap/ or Roll (V) | Jacket Potato with choice of Filling | |
| Sides | Brown Rice; Baby Corn | Sweet Potato & Carrots | Roast Potatoes; Cabbage & Parsnips | (GF) Bread; Beetroot & Green Beans | Chips; Peas & Sweetcorn |
| Dessert | Seasonal Fruit Selection | GF Muffin with Chocolate Custard | Fruit & Vanilla Yoghurt | Spiced Plum & Pear | Toffee Apple Rice Pudding |

| Week 3 | | MEAT FREE MONDAY | ROAST DINNER WEDNESDAY | | FISHY FRIDAY |
|---------|---|---|--|--------------------------------------|--------------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Sweet Potato and Mango Curry W/ Rice (No Lentil or Cumin) | GF Beef Burger on GF Bun | Roast Chicken W/ Gravy (no Stuffing) | Shredded Ham in Mexican Style Beans | Bubble coated Fish |
| 2nd (V) | Cheese & Garlic GF Pasta | Mozzarella, Tomato & Pepper topped GF Bread | Quorn Mince & Gravy (No Stuffing) | BBQ Beans | GF Filled Sandwich/Wrap/ or Roll (V) |
| 3rd | GF Filled Sandwich/Wrap/ or Roll (V) | Jacket Potato with choice of Filling | GF Filled Sandwich/Wrap/ or Roll (V) | Jacket Potato with choice of Filling | |
| Sides | Roasted Cauliflower | Corn on the cob; Baked Beans | Mashed Potatoes; Carrots & Green Beans | GF Bread; Broccoli | Chips; Peas & Sweetcorn |
| Dessert | Pear & Sultanas | GF Muffin | Strawberry Ice-Cream | Peach & Mango Yoghurt | Banana & Ice-cream |