

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	Roast Beef W/ No Yorkshire pudding & Gravy	Mild Spiced Chicken Wrap	Battered Fish
2nd (V)		Moroccan Style Vegetables	(V) Sausage Roll W/ Gravy	Jacket Potato with Cheese Filling (V)	Filled Wrap/ or Roll (V)
3rd	Filled Wrap/ or Roll (V)	Jacket Potato with choice of Filling	Filled Wrap/ or Roll (V)	Tuna and Sweetcorn GF Pasta (No Mayo)	
Sides	Broccoli	Couscous; Roasted Vegetables	Extra New Potatoes; Carrot & Swede	Selection of Salad Sticks	Chips; Peas & Sweetcorn
Dessert	Winter Berries	Mixed Melon	Fruit Flapjack	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	Braised Pork W/ Apple	Beanie Cottage Pie with Cheesy Top	Battered Fish
2nd (V)		Filled Wrap/ or Roll (V)	Jacket Potato with choice of Filling (V)	Beanie Pie with Cheesy Top (V)	Filled Wrap/ or Roll (V)
3rd	Filled Wrap/ or Roll (V)	Jacket Potato with choice of Filling (V)	Filled Wrap/ or Roll (V)	Jacket Potato with choice of Filling	
Sides	Brown Rice; Baby Corn	Sweet Potato & Carrots	Roast Potatoes; Cabbage & Parsnips	Crusty Bread; Beetroot & Green Beans	Chips; Peas & Sweetcorn
Dessert	Seasonal Fruit Selection	Fruit Jelly/Lovemore GF Shortbread	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	Beef Burger	Roast Chicken W/ Stuffing & Gravy	Shredded Ham in Mexican Style Beans	Salmon Fish Fingers
2nd (V)	Cheese & Garlic DF Pasta	Mozzarella, Tomato & Pepper topped Crusy bread		BBQ Beans	Filled Wrap/ or Roll (V)
3rd	Filled Wrap/ or Roll (V)	Jacket Potato with choice of Filling	Filled Wrap/ or Roll (V)	Jacket Potato with choice of Filling	
Sides	Roasted Cauliflower	Corn on the cob; Baked Beans	Mashed Potatoes; Carrots & Green Beans	Crusty Bread; Broccoli	Chips; Peas & Sweetcorn
Dessert	Pear & Sultanas	Fruit Jelly/Lovemore GF Shortbread	Strawberry Ice-Cream	Peach & Mango Yoghurt	Banana