

Week 1		MEAT FREE MONDAY	ROAST DINNER WEDNESDAY		FISHY FRIDAY
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Hidden Vegetable GF/SF Pasta and "No Cheese" Use Violife	Moroccan Style Lamb	Roast Beef & Gravy no yorkie, exta potato	Mild Spiced Chicken wrap	Battered Fish
2nd (V)	Bean Burger 420044 hopwells (No Mayo)	Moroccan Style Vegetables	(V) Sausage Roll W/ Gravy	Jacket Potato with "Violife Cheese" Filling (V)	Violife & Tomato Roll (v)
3rd	Filled Wrap/ or Roll (V)	Jacket Potato with choice of Filling	Filled Wrap/ or Roll (V)	Tuna and Sweetcorn GF/SF Pasta (No Mayo)	
Sides	Broccoli	Couscous; Roasted Vegetables	New Potatoes; Carrot & Swede	Selection of Salad Sticks	Chips; Peas & Sweetcorn
Dessert	Winter Berries	Mixed Melon	Fruit Flapjack	Fruit Jelly	Sorbet/Ice lolly

Week 2		MEAT FREE MONDAY	ROAST DINNER WEDNESDAY		FISHY FRIDAY
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mexican Bean Chillli	BBQ Chicken Fillet Burger	Braised Pork W/ Apple	Beanie Cottage Pie with No Cheesy Top	Battered Fish
2nd (V)	Crispy Vegetable violife & Tomato Wraps (No Mayo)	Jacket Potato with Violife cheese Filling (V)	Braised Quorn W/ Apple	Beanie Pie with No Cheesy Top (V)	Violife & Tomato Roll (v)
3rd	Filled Roll (V)	Ham Sandwich/Roll	Filled Wrap/ or Roll	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	Sorbet/Ice lolly	Spiced Plum & Pear	Toffee Apples

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)	Jacket Potato with Violife cheese Filling (V)	Tomato & Pepper topped Crusy Bread	Jacket Potato with Violife cheese Filling (V)	BBQ Beans	Violife & Tomato Roll (v)
3rd	Filled Wrap/ or Roll (V) Violife cheese Filling	Jacket Potato with choice of Filling	Filled Wrap/ or Roll	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	Lovemore DF Shortbread	Sorbet/Ice lolly	Peach & Mango	Banana