

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

Week 2		MEAT FREE MONDAY	ROAST DINNER WEDNESDAY		FISHY FRIDAY
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mexican Bean Chillli	BBQ Chicken Fillet Burger (GF DF Bread)	Braised Pork W/ Apple	Beanie Cottage Pie with No Cheesy Top	Bubble coated Fish
2nd (V)		GF/DF Filled Sandwich/Wrap/ or Roll (V)	Braised Quorn W/ Apple	Beanie Pie with No Cheesy Top (V)	GF/DF Filled Sandwich/Wrap/ or Roll
3rd	GF/DF Filled Sandwich/Wrap/ or Roll (V)	Jacket Potato with choice of Filling	GF/DF Filled Sandwich/Wrap/ or Roll	Jacket Potato with choice of Filling	
Sides	Brown Rice; Baby Corn	Sweet Potato & Carrots	Roast Potatoes; Cabbage & Parsnips	GF/DF Bread; Beetroot & Green Beans	Chips; Peas & Sweetcorn
Dessert	Seasonal Fruit Selection	Lovemore GF DF Shortbread	Vanilla Soya Dessert	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 (No Lentil or Cumin)	GF Beef Burger on GF DF Bread	Roast Chicken W/ Gravy (no Stuffing)	Shredded Ham in Mexican Style Beans	Bubble coated Fish
2nd (V)		Tomato & Pepper topped GF/DF Bread	Quorn Mince & Gravy (No Stuffing)	BBQ Beans	GF/DF Filled Sandwich/Wrap/ or Roll
3rd	GF/DF Filled Sandwich/Wrap/ or Roll (V)	Jacket Potato with choice of Filling	GF/DF Filled Sandwich/Wrap/ or Roll	Jacket Potato with choice of Filling	
Sides	Roasted Cauliflower	Corn on the cob; Baked Beans	Mashed Potatoes; Carrots & Green Beans	GF/DF Bread; Broccoli	Chips; Peas & Sweetcorn
Dessert	Pear & Sultanas	Lovemore GF DF Shortbread	GF DF Ice cream	Peach & Mango	Banana & GF DF Ice cream