

Week 1		MEAT FREE MONDAY	ROAST DINNER WEDNESDAY		FISHY FRIDAY
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Hidden Vegetable "No Cheese" Pasta Use Violife and GF pasta	Moroccan Style Lamb (No Cumin)	Roast Beef W/ No Yorkshire pudding & Gravy	Mild Spiced Chicken W/ SF/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)	SF/GF/DF Filled Sandwich/Wrap/ or Roll
3rd	SF/GF/DF Filled Sandwich/Wrap/ or Roll (V)	Jacket Potato with choice of Filling	SF/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	Mixed Melon	Lovemore SF GF DF Shortbread	Fruit Jelly	Sorbet/Ice Lolly

Week 2		MEAT FREE MONDAY	ROAST DINNER WEDNESDAY		FISHY FRIDAY
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mexican Bean Chilli	BBQ Chicken Fillet Burger (SF GF DF Bread)	Braised Pork W/ Apple	Beanie Cottage Pie with No Cheesy Top	Bubble coated Fish
2nd (V)		SF/GF/DF Filled Sandwich/Wrap/ or Roll (V)	Braised Quorn W/ Apple	Beanie Pie with No Cheesy Top (V)	SF/GF/DF Filled Sandwich/Wrap/ or Roll
3rd	SF/GF/DF Filled Sandwich/Wrap/ or Roll (V)	Jacket Potato with choice of Filling	SF/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	SF/GF/DF Bread; Beetroot & Green Beans	Chips; Peas & Sweetcorn
Dessert	Seasonal Fruit Selection	Lovemore SF GF DF Shortbread	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 (No Lentil or Cumin)	GF Beef Burger on SF GF DF Bread	Roast Chicken W/ Gravy (no Stuffing)	Shredded Ham in Mexican Style Beans	Bubble coated Fish
2nd (V)		Tomato & Pepper topped SF/GF/DF Bread	Quorn Mince & Gravy (No Stuffing)	BBQ Beans	SF/GF/DF Filled Sandwich/Wrap/ or Roll
3rd	SF/GF/DF Filled Sandwich/Wrap/ or Roll (V)	Jacket Potato with choice of Filling	SF/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	SF/GF/DF Bread; Broccoli	Chips; Peas & Sweetcorn
Dessert	Pear & Sultanas	Lovemore SF GF DF Shortbread	Sorbet/Ice Lolly	Peach & Mango	Banana