

Weeks Beginning	28 th Oct, 25 th Nov, 6 th Jan, 3 rd Feb, 3 rd March, 14 th April, 12 th May, 9 th June, 18 th Aug, 15 th Sept, 13 th Oct				
DAILY CHOICES	MONDAY	TUESDAY MEAT FREE DAY	WEDNESDAY	THURSDAY	FRIDAY
SANDWICHES	Cheese Sandwiches (v)	Egg Mayonnaise Roll (v)	Sliced Turkey or Cheese (v) Sandwiches	Ham Sandwiches	Tuna Mayonnaise Wrap
MAIN MEAL 1	QMS Mince and Yorkie	Macaroni Cheese (v)	Salmon Fishcake	Vegetarian Enchilada (v)	Vegetable Noodles (v)
CARBOHYDRATE	Mashed Potatoes		Chips		
VEGETABLES	Carrots Or Sweetcorn	Broccoli Or Beetroot	Peas Or Coleslaw	Green Beans Or Country Veg	Sweetcorn
DESSERTS	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day
TEA MENU	Pasta Salad (v)	Baked Beans on Toast (v)	Pepper and Sweetcorn Quiche (v)	Lentil Soup (v) with Crusty Bread	Pizza Fingers (v)

Weeks Beginning	4 th Nov, 2 nd Dec, 13 th Jan, 10 th Feb, 10 th March, 21 st April, 19 th May, 16 th June, 25 th Aug, 22 nd Sept, 20 th Oct				
DAILY CHOICES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY MEAT FREE DAY
SANDWICHES	Tuna Mayonnaise Sandwiches	Egg Mayonnaise Roll (v)	Chicken Mayonnaise Sandwiches	Cheese Sandwiches (v)	Coronation Chickpea Wrap (v)
MAIN MEAL 1	Tomato Pasta (v)	Salmon Fish Fingers	Mediterranean Lasagne (v)	Roast Chicken with Mealie	Cheese and Tomato Pizza (v)
CARBOHYDRATE		Savoury Rice		Roast Potatoes	
VEGETABLES	Green Beans	Mushy Peas Or Sweetcorn	Broccoli Or Baby Carrots	Brussels Sprouts Or Carrots	Sweetcorn Or Coleslaw
DESSERTS	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day
TEA MENU	Vegetable Soup (v)	Cheese on Toast (v)	Tuna Mayonnaise Wrap or Hummus and Grated Carrot Pitta (v)	Spaghetti Hoops on Toast (v)	Tomato Pasta (v)

Weeks Beginning	11 th Nov, 9 th Dec, 20 th Jan, 17 th Feb, 17 th March, 28 th April, 26 th May, 23 rd June, 1 st Sept, 29 th Sept				
DAILY CHOICES	MONDAY	TUESDAY	WEDNESDAY MEAT FREE DAY	THURSDAY	FRIDAY
SANDWICHES	Turkey Sandwiches	Tuna Mayonnaise Sandwiches	Quorn Fajitas (v)	Ham Sandwiches	Cheese Sandwiches (v)
MAIN MEAL 1	Vegan Burger in a Bun (v)	Kitchari Rice (v)	Lentil and Sweet Potato Curry (v)	Baked Potato with Cheese (v)	Salmon Nuggets
CARBOHYDRATE	Herbie Diced Potatoes		Rice		Chips
VEGETABLES	Carrot Or Green Veg Medley	Sweetcorn Or Coleslaw	Broccoli Or Beetroot	Sweetcorn	Peas Or Baked Beans
DESSERTS	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day
TEA MENU	Lentil Soup (v)	Spaghetti Hoops on Toast (v)	Pizza Fingers (v)	Chicken and Sweetcorn Roll or Cheese Roll (v)	Baked Beans on Toast (v)

Weeks Beginning	18 th Nov, 16 th Dec, 27 th Jan, 24 th Feb, 24 th March, 5 th May, 2 nd June, 30 th June, 8 th Sept, 6 th Oct				
DAILY CHOICES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY MEAT FREE DAY	FRIDAY
SANDWICHES	Cheese Sandwiches (v)	Chicken Mayonnaise Wrap	Tuna Mayonnaise Roll	Egg Mayonnaise Sandwiches (v)	Cheese Panini (v)
MAIN MEAL 1	Organic Pork Meatballs in Gravy	Baked Potato with Quorn Chilli (v)	Sweet Potato and Pea Curry (v)	Cheese and Tomato Pizza (v)	Gluten Free Bubble Crumb Salmon Fillet
CARBOHYDRATE	Mashed Potatoes		Rice		Herbie Diced Potatoes
VEGETABLES	Cauliflower Or Peas and Sweetcorn	Peas Or Coleslaw	Carrots Or Broccoli	Sweetcorn Or Mixed Vegetables	Baked Beans Or Coleslaw
DESSERTS	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day	Seasonal Fruit of the Day
TEA MENU	Pasta Salad (v)	Cheese on Toast (v)	Coronation Chickpea Wrap (v)	Creamy Pea and Courgette Soup (v) with Crusty Bread	Tuna Mayonnaise or Egg Mayonnaise (v) Sandwiches