

## WEEK ONE

| 2ND NOV, 23 <sup>RD</sup> NOV,<br>14 <sup>TH</sup> DEC | MONDAY                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                          |
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| Hot Option                                             | VEGETABLE PASTA BAKE<br>WITH GARLIC BREAD<br>  | 'STRANDS' COTTAGE<br>PIE<br>                   | CHICKPEA CURRY WITH<br>BROWN RICE & PLAIN<br>NAAN<br>  | ROAST CHICKEN WITH<br>ROAST POTATO & GRAVY<br>         | FISH FINGERS WITH<br>MASHED POTATO<br>    |
| Vegetarian Option                                      | KIDNEY BEAN CHILI<br>WITH BROWN RICE<br>       | VEGETABLE PASTA BAKE<br>WITH GARLIC BREAD<br>  | VEGGIE BURRITO<br>                                     | CHICKPEA CURRY WITH<br>BROWN RICE & PLAIN<br>NAAN<br>  | VEGGIE FINGERS<br>WITH MASHED POTATO<br>  |
| Served with                                            | BROCCOLI                                                                                                                                                                                                         | GREEN BEANS                                                                                                                                                                                                      | SALAD                                                                                                                                                                                                                    | FARMHOUSE<br>VEGETABLES                                                                                                                                                                                                     | PEAS                                                                                                                                                                                                            |
| For pudding<br>GLUTEN/DAIRY FREE<br>OPTIONS AVAILABLE  | ORANGE CUPCAKE<br>WITH MELON SLICE                                                                                                                                                                               | JELLY WITH FRUIT<br>AND YOGURT                                                                                                                                                                                   | APPLE, APRICOT &<br>SULTANA SQUARES                                                                                                                                                                                      | FRESH FRUIT SELECTION<br>WITH YOGURT                                                                                                                                                                                        | BLUEBERRY MUFFIN<br>AND ORANGE SLICES                                                                                                                                                                           |

## WEEK TWO

| 9TH NOV, 30 <sup>TH</sup> NOV,                        | MONDAY                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                           | THURSDAY                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                  |
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| Hot Option                                            | BEAN CHILI WITH<br>COUSCOUS & PITTA BREAD<br>(GF SERVED WITH GF PASTA)<br>  | CHICKEN AND LENTIL<br>CURRY WITH RICE & PLAIN<br>NAAN<br>                   | FISH PIE<br>  | HAM AND PEA PASTA<br>                    | BEEF BURGER WITH<br>CHIPS<br>                 |
| Vegetarian Option                                     | VEGAN MEATBALLS<br>WITH PASTA<br>                                                                                                                              | BEAN CHILI WITH<br>COUSCOUS & PITTA BREAD<br>(GF SERVED WITH GF PASTA)<br>  | TOM'S<br>MAC'N'CHEESE<br>                                                                        | VEGETABLE LENTIL<br>CURRY WITH RICE<br>  | VEGGIE BURGER WITH<br>SWEET POTATO FRIES<br>  |
| Served with                                           | CARROT AND CUCUMBER<br>STICKS                                                                                                                                                                                                                     | GREEN BEANS                                                                                                                                                                                                                                       | PEAS AND<br>SWEETCORN                                                                                                                                                               | CARROTS                                                                                                                                                                                                           | SWEETCORN                                                                                                                                                                                                               |
| For pudding<br>GLUTEN/DAIRY FREE<br>OPTIONS AVAILABLE | FRESH FRUIT SELECTION<br>WITH YOGURT                                                                                                                                                                                                              | HOMEMADE COCOA CAKE<br>WITH ORANGE SLICES                                                                                                                                                                                                         | JELLY WITH FRUIT<br>AND YOGURT                                                                                                                                                      | GREEK YOGURT AND<br>FRUIT                                                                                                                                                                                         | LEMON SHORTBREAD<br>WITH MELON SLICES                                                                                                                                                                                   |

## WEEK THREE

| 16 <sup>TH</sup> NOV, 7 <sup>TH</sup> DEC             | MONDAY                                                                                                                                                                                                               | TUESDAY                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                           | THURSDAY                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                               |
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| Hot Option                                            | VEGETABLE CURRY WITH<br>RICE & PLAIN NAAN<br>  | MEATBALLS IN TOMATO<br>SAUCE WITH<br>WHOLEWHEAT PASTA<br>  | SAUSAGE AND MASH<br>          | BBQ CHICKEN MELT<br>WITH KIDNEY BEAN RICE<br>& TORTILLA<br>  | HIDDEN VEGETABLE<br>PIZZA WITH WEDGES<br>  |
| Vegetarian Option                                     | QUORN BOLOGNESE<br>                                                                                                               | TOM'S<br>MAC'N'CHEESE<br>                                                                                                                     | MIXED BEAN PASTA<br>BAKE<br>  | VEGGIE SAUSAGE AND<br>MASH<br>                                                                                                                   | VEGETABLE CURRY<br>AND RICE<br>            |
| Served with                                           | MIXED VEGETABLES                                                                                                                                                                                                     | CARROT AND CUCUMBER<br>STICKS                                                                                                                                                                                                    | FARMHOUSE<br>VEGETABLES                                                                                                                                                                             | SWEETCORN                                                                                                                                                                                                                             | SALAD                                                                                                                                                                                                                |
| For pudding<br>GLUTEN/DAIRY FREE<br>OPTIONS AVAILABLE | FRESH FRUIT SELECTION<br>WITH YOGURT                                                                                                                                                                                 | OATY COOKIE WITH<br>MELON SLICES                                                                                                                                                                                                 | JELLY WITH FRUIT<br>AND YOGURT                                                                                                                                                                      | COCOA OATY WITH<br>APPLE SLICES                                                                                                                                                                                                       | APPLE & BANANA<br>MUFFIN                                                                                                                                                                                             |

JACKET POTATO WITH CHEESE OR BEANS AVAILABLE EACH DAY

PACKED LUNCH AVAILABLE EACH DAY WITH HAM, CHEESE, EGG OR TUNA FILLING SERVED WITH FRUIT

YOGURT OR PUDDING OF THE DAY