

WEEK  
One  
6<sup>th</sup> – 10<sup>th</sup>  
Nov

WEEK  
Four  
27<sup>th</sup> Nov  
- 1<sup>st</sup> Dec

WEEK  
Seven  
18<sup>th</sup> - 19<sup>th</sup>  
Dec

## Monday

### Meat Free Monday

Wholemeal Pasta Twists  
With Tomato and Basil Sauce  
Or

Meat free Samosa and Rice ▼  
Vegetable Sticks, Salad and  
Coleslaw  
\*\*\*\*\*

Fresh Fruit Salad ▼  
Homemade Yoghurt  
or  
Fresh Fruit

## Tuesday

### Tuesday

Cottage Pie  
Or

Root Vegetable and Lentil Crumble ▼  
Served with Green Beans  
\*\*\*\*\*

Viennese Cakes ▼  
With Custard  
Homemade Yoghurt  
or  
Fresh Fruit

## Wednesday

### Wednesday

Roast Gammon  
Or

Cheesy Courgette Sausage  
Roast or Mashed Potatoes  
Carrots and Cauliflower  
\*\*\*\*\*

Chocolate Krispie ▼  
Homemade Yoghurt  
or  
Fresh Fruit

## Thursday

### Thursday

Chicken Goujons  
Or

Vegetable Bhaji ▼  
Served in a wrap with  
Salad and Couscous  
\*\*\*\*\*

Apple Crumble ▼  
With Custard  
Homemade Yoghurt  
or  
Fresh Fruit

## Friday

### Friday

Salmon Fish Cakes  
Or

Vegetable Nuggets ▼  
With Chips  
Sweetcorn or Baked Beans  
\*\*\*\*

Lemon Shortbread ▼  
Homemade Yoghurt  
or  
Fresh Fruit

WEEK  
Two  
13<sup>th</sup> – 17<sup>th</sup>  
Nov

WEEK  
Five  
4<sup>th</sup> – 8<sup>th</sup>  
Dec

## Monday

### Meat Free Monday

Wholemeal Cheese and Tomato  
Pizza  
Or

Meat free Chilli Tacos with Rice ▼  
Both served with  
Vegetable Sticks, Salad  
and Coleslaw\_  
\*\*\*\*\*

Bread Pudding  
Homemade Yoghurt  
or  
Fresh Fruit

## Tuesday

### Tuesday

Lasagne  
Or

Sweetcorn Fritters ▼  
Served with Garlic Bread  
Vegetable Sticks, Salad  
and Coleslaw  
\*\*\*\*\*

Rice Pudding  
With Berry Compote  
Homemade Yoghurt  
or  
Fresh Fruit

## Wednesday

### Wednesday

Cowboy Pork and Beans  
Or

Cheese and Broccoli Pie  
Both served with  
Lyonnaisse or Mashed Potatoes  
Carrots  
\*\*\*\*\*

Banana Cake  
With Chocolate Custard  
Homemade Yoghurt  
or  
Fresh Fruit

## Thursday

### Thursday

Moroccan Chicken with Couscous  
Or

Vegan Sausage Pasta ▼  
Both served with  
Vegetable Sticks, Salad  
and Coleslaw  
\*\*\*\*\*

Surprise Chocolate Cake  
Homemade Yoghurt  
or  
Fresh Fruit

## Friday

### Friday

Battered Fish  
Or

Vegan Chia Nuggets ▼  
Served with Chips  
Peas or Beans  
\*\*\*\*\*

Oat and Raisin Cookie ▼  
Homemade Yoghurt  
or  
Fresh Fruit

## Monday

### Meat Free Monday

Macaroni Cheese  
Or

Bean Chilli with Nachos ▼  
Both served with  
Vegetable Sticks, Salad and  
Coleslaw  
\*\*\*\*\*

Lemon Drizzle Cake  
Homemade Yoghurt  
or  
Fresh Fruit

## Tuesday

### Tuesday

Mild Chicken Curry with Rice and  
a Poppadom  
Or

Nut Free Vegan Pesto Spaghetti ▼  
Vegetable Sticks, Salad and  
Coleslaw  
\*\*\*\*\*

Goey Chocolate Pudding  
With Custard  
Homemade Yoghurt  
or  
Fresh Fruit

## Wednesday

### Wednesday

Pork Sausage  
or

Veggie Sausage ▼  
Served with  
Roast or Mashed Potatoes  
Carrots and Peas  
\*\*\*\*\*

Vegetarian Jelly with Fruit  
Homemade Yoghurt  
or  
Fresh Fruit

## Thursday

### Thursday

Meatballs in a Tomato Sauce with  
Wholemeal Spaghetti  
Or

Sweet Potato and Lentil Korma with  
Rice and Coconut Bread ▼  
Both served with Broccoli  
\*\*\*\*\*

Apple Pie  
With Custard  
Homemade Yoghurt  
or  
Fresh Fruit

## Friday

### Friday

Fish Cakes  
or

Vegetable fingers ▼  
Both served with Chips  
Sweetcorn or Baked Beans  
\*\*\*\*\*

Funfetti Cookie ▼  
Homemade Yoghurt  
or  
Fresh Fruit