

	Week One 12 th Nov, 3 rd Dec	Week Two 22 nd Oct, 19 th Nov, 10 th Dec	Week Three 5 th Nov, 26 th Nov, 17 th Dec
M O N D A Y	Sausages, Mash & Onion gravy. Broccoli & Cauliflower, 50/50 Bread ***** Jam Sponge & Custard. Fresh Fruit or Yoghurt	Organic Beefburger in a seeded bun. Chipped potatoes, peas and sweetcorn ***** Banana brownie and chocolate sauce. Fresh Fruit or yoghurt	Margherita pizza, potato wedges, peas & sweetcorn ***** Chocolate rice pudding & mandarins. Fresh fruit or yoghurt
T U E S D A Y	Sweet and sour chicken with rice. Medley of veg and wholemeal baguette ***** Toffee apple crumble cake Fresh fruit or yoghurt	Chicken & Tomato pasta bake, green beans and cauliflower. Wholemeal bread ***** Sponge & Custard Fresh Fruit or Yoghurt	Minced Beef & Dumplings, roast potatoes. Savoy cabbage and carrots. Sunflower Seed Bread ***** Sticky Date & Apple Bar with cheese Fresh fruit and yoghurt
W E D N E S D A Y	Roast Beef & Yorkshire Pudding Carrots, peas and swede. Roast potatoes. Sliced wholemeal bread ***** Chocolate Orange Sponge & Chocolate sauce Fresh fruit or yoghurt	Roast Pork with Apple sauce & Gravy. Carrots & Broccoli, Parsley potatoes and Herbie Bread ***** Raspberry Bun with Apple Fresh fruit or yoghurt	Chicken & Vegetable Pie, Creamed Potatoes. Carrots, swede & peas & Crusty Bread ***** Gingerbread & Custard Fresh fruit or yoghurt
T H U R S D A Y	Chicken Korma & Rice. Cauliflower and green beans, naan bread ***** Pineapple shortcake Fresh fruit or yoghurt	Beef Tortilla Wrap, Vegetable rice and veg sticks ***** Apple cinnamon Crunch Crumble & Custard Fresh Fruit or Yoghurt	Pasta Bolognese Broccoli, sweetcorn & Garlic Bread ***** Arctic Roll & Peaches Fresh Fruit or Yoghurt
F R I D A Y	Battered Fish, Tomato sauce, Peas & Carrot sticks. Chipped Potatoes & Sunflower seed bread ***** Fruits of the Forest Flapjack Fresh Fruit or Yoghurt	Breaded Salmon Nibbles, Tomato Sauce, Broccoli & Carrots, Potato Wedges and Tomato Bread ***** Swiss Bun Fresh Fruit or Yoghurt	Fish Fingers, Peas & Baked Beans. Chipped Potatoes & Wholemeal Bread ***** Upside down cake and custard Fresh Fruit or Yoghurt