	MEAT								
	FREE MONDAY		TUESDAY		WEDNESDAY		THURSDAY		
EEK 1	Katsu Dipper & Rice V	Margherita Pizza & Garlicky Wedges V	Macaroni Cheese & Garlic Bread V	Chicken Fajitas & Mexican Rice H	Veggie Chilli with Rice <b>PB</b> Roast Chicken with Crispy Potatoes & Gravy <b>H</b>	٤,	Veggie Rice & Flatbread <b>PB</b>	Beef Burger & Wedges H	
3	Sweetcorn & Mixed Salad		Green Beans & Coleslaw		Carrots & Peas		Sweetcorn & Broccoli		
	Fresh Fruit Fruit Yoghurt		Strawberry Jelly Cheese & Crackers / Fruit		Fresh Fruit Fruit Yoghurt			Fresh Fruit Cheese & Crackers	
WEEK 2	Vegetable Chow Mein V	Margherita Pizza & Paprika Wedges V	Macaroni Cheese & Garlic Bread <b>V</b>	Sausage & Potatoes with Gravy H	Veggie Curry & Coriander Rice PB Roast Chicken with Crispy Potatoes & Gravy H		Veggie Stir Fry & Rice <b>PB</b>	Beef Spagher Bolognese <b>H</b>	
Š	Sweetcorn & Coleslaw		Peas & Mixed Salad		Carrots & Broccoli		Sweetcorn & Green Beans		
	Fresh Fruit Fruit Yoghurt		Vanilla Ice Cream Cheese & Crackers / Fruit		Fresh Fruit Fruit Yoghurt		Fresh Fruit Cheese & Crackers		
/EEK 3	Veggie Burger & Wedges V	Margherita Pizza & Cajun Wedges <b>V</b>	Veggie Bolognese & Spaghetti <b>PB</b>	Beef Spaghetti Bolognese <b>H</b>	Vegetable Chow Mein V Roast Chicken with Crispy Potatoes & Gravy H		Veggie Chilli with Rice <b>PB</b>	Chicken Meatballs ir Tomato Sauce Spaghetti <b>H</b>	
S	Sweetcorn & Coleslaw		Green Bean & Carrots		Peas & Cauliflower		Roasted Med. Veggies & Sweetcor		
	Fresh Fruit Fruit Yoghurt		Fresh Fruit Cheese & Crackers		Fresh Fruit Fruit Yoghurt			Fresh Fruit Cheese & Crackers	
	Salad Bar, Fresh Bread and Fresh Fruit High in Fibre Good Control of Control						u Key: PB Plant Based   F Fish   M WEEK 1: 4 NOV / 25 NOV / 16 DEC / 6 WEEK 2: 11 NOV / 2 DEC / 13 JAN / 3 I WEEK 3: 18 NOV / 9 DEC / 20 JAN / 10 Packed Full of Fibre		
assification - NR Mei	Restricted - Internal	Packed with Vitamin C					- Indre		

