

Week One

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	Macaroni Cheese & Crusty Bread 2,7,9	Savoury Mince Pie 1,2,4,7	Roast Chicken & Stuffing 2	Westcountry Sausages 2,14	Harry Ramsden's Battered Fish 2,5,8,9
VEGETARIAN OPTION	Sausage Casserole with Boiled Potatoes 1,2,4,7,13,14	Vegetable Curry	Country Garden Crumble 2	NEW Potato & Courgette Rosti 2,4	Pizza Muffins 2,7,13
SIDES	Peas, Swede, Gravy	Creamed Potatoes, Rice, Sweetcorn, Cabbage, Gravy 7	Roast Potatoes, Creamed Potatoes, Fresh Carrots, Cauliflower, Gravy 7	Creamed Potatoes, Pasta, Baked Beans, Broccoli, Gravy 2	Chips, Pasta, Sweetcorn, Ketchup, Fresh Carrot & Cucumber Sticks
DESSERT	Fruit Crumble & Custard 2,7	Sticky Toffee Pudding & Custard 2,4,7	Fresh Fruit Platter	Chocolate Rice Pudding 7	Homemade Custard Biscuit 2

AVAILABLE EACH DAY
 Fresh fruit, salad, bread, yoghurt and water, Jacket potato option (please check with your school for availability)
 Week starting - 30th October, 20th November, 11th December, 15th January, 5th February, 5th March, 26th March

Week Two

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	Cheese & Tomato Pizza 2,4,7	Lasagne & Crusty Bread 1,2,4,7,9	Roast Beef	NEW Chicken Meatballs in a Tomato Sauce with Pasta or Rice 2	Harry Ramsden's Battered Seaside Fish 2,5
VEGETARIAN OPTION	Chilli 1,14	NEW Risotto Verdi 1,14	Vegetarian Roast 1,2,4,7,9	NEW Vegetarian Sausage Pasta Bake 1,2,4,7,14	Cheese & Bean Pasty 2
SIDES	Potato Wedges, Savoury Rice, Green Beans, Fresh Carrots 1,14	Coleslaw, Peas 4	Roast Potatoes, Creamed Potatoes, Broccoli, Fresh Carrots & Gravy 7	Sweetcorn, Baked Beans	Chips, Pasta, Peas, Ketchup, Fresh Carrot & Cucumber Sticks 2
DESSERT	Jam Sponge & Custard 2,4,7,14	NEW Honey Cake 2,4	Chocolate Cracknel 2,7	Baked Fruit & Custard 7	Sarah's Homemade Raspberry Shortcake & Juice 2

AVAILABLE EACH DAY
 Fresh fruit, salad, bread, yoghurt and water, Jacket potato option (please check with your school for availability)
 Week starting - 6th November, 27th November, 1st January, 22nd January, 19th February, 12th March

Did you know?
BE SUGAR SMART
 Swap sugar for fruit and vegetables when making cakes. Our cakes contain at least 50% fruit or vegetables and are low in sugar. Try Dionne's special cake.

Week Three

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	Pasta Bolognese & Crusty Bread 2	Chicken Casserole & Cornbread 2,4,7,14	Roast Gammon & Pineapple	NEW Beef Burger 2,4,5,7	Fish Fingers 2,5
VEGETARIAN OPTION	Chinese Sweet & Sour Noodles with Vegetables 1,2,4,7,14	NEW Cheese Wheels & Seasoned Wedges 2,4,7,9	Homity Pie 2,4,7	Vegetarian Enchilada 2	Spanish Omelette 2,4,7,9
SIDES	Broccoli, Sweetcorn	Farmhouse Vegetables, Autumn Salad, Tomato Sauce	Roast Potatoes, Creamed Potatoes, Fresh Carrots, Broccoli, Gravy 7	Pasta, Rice, Coleslaw, Peas 4	Chips, Pasta, Baked Beans, Fresh Carrot & Cucumber Sticks 2
DESSERT	Dionne's Autumn Cake 2,4	NEW Fruit Jelly & Vanilla Ice Cream made by Langage Farm 7	Fresh Fruit Platter	Homemade Sticky Chocolate Cake & Chocolate Sauce 2,4,7	Homemade Jammie Dodger & Milkshake 2,4,7

AVAILABLE EACH DAY
 Fresh fruit, salad, bread, yoghurt and water, Jacket potato option (please check with your school for availability)
 Week starting - 13th November, 4th December, 8th January, 29th January, 26th February, 19th March

Did you know?
MEAT FREE MONDAYS
 If every person in Britain skipped meat for one day, it would reduce our carbon footprint by more than if every car was taken off the road for one day.

Did you know?
ORGANIC
 Organic food production helps preserve local wildlife.