

## Weekly Menus – October 2017

| Week 1       | Monday   | Tuesday                             | Wednesday  | Thursday  | Friday   |
|--------------|--|-------------------------------------|--|---|--|
| <b>Lunch</b> | Fish fingers,<br>waffles and beans<br><br>Yoghurt *          | Roast dinner <b>(v)</b><br><br>Buns | Cottage pie<br>and vegetables<br><br>Fruit         | Pizza* and beans<br><br>Yoghurt*  | Mince and Onion<br>pie, potatoes and<br>vegetables <b>(v)</b><br><br>Flap jack |
| <b>Tea</b>   | Sausage, hash<br>browns and<br>beans <b>(v)</b><br><br>Fruit | Tuna pasta bake<br><br>Yoghurt *    | Chicken pasta<br>bake <b>(*v)</b><br><br>Jam slice | Meatballs in onion<br>gravy, mashed<br>potato and<br>vegetables <b>(v)</b><br><br>Fruit | Chicken casserole<br><b>(v)</b><br><br>Cake and<br>custard*                    |

| Week 2       | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|--------------|---|--|--|--|---|
| <b>Lunch</b> | Burgers, wedges<br>and beans <b>(v)</b><br><br>Fruit  | Salmon pasta<br>bake *<br><br>Flap jack            | Sausage casserole<br>and vegetables<br><b>(v)</b><br><br>Fruit           | Cheese and<br>Onion pie *<br><br>Yoghurt *                           | Chicken Curry<br>and Rice <b>(v)</b><br><br>Cake and<br>Custard * |
| <b>Tea</b>   | Fish cakes, mashed<br>potato and peas<br><br>Yoghurt* | Beef stew and<br>dumplings <b>(v)</b><br><br>Fruit | Fish goujons, roast<br>potatoes and peas<br><br>Crumble and<br>custard * | Mixed bean<br>casserole and<br>cous cous <b>(v)</b><br><br>Jam slice | Lasagne and<br>vegetables <b>(v)</b><br><br>Fruit                 |

## Weekly Menus – October 2017

| Week 3       | Monday   | Tuesday                             | Wednesday                                       | Thursday   | Friday   |
|--------------|--|-------------------------------------|---|--|--|
| <b>Lunch</b> | Sausage, hash browns and beans <b>(V)</b><br><br>Fruit | Tuna pasta bake<br><br>Yoghurt *    | Chicken pasta bake <b>(*V)</b><br><br>Jam slice | Meatballs in onion gravy, mashed potato and vegetables <b>(V)</b><br><br>Fruit | Chicken casserole <b>(V)</b><br><br>Cake and custard*                    |
| <b>Tea</b>   | Fish fingers, waffles and beans<br><br>Yoghurt *       | Roast dinner <b>(V)</b><br><br>Buns | Cottage pie and vegetables<br><br>Fruit         | Pizza* and beans<br><br>Yoghurt*   | Mince and Onion pie, potatoes and vegetables <b>(V)</b><br><br>Flap jack |

| Week 4       | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--------------|--|---|--|--|---|
| <b>Lunch</b> | Fish cakes, mashed potato and peas<br><br>Yoghurt* | Beef stew and dumplings <b>(V)</b><br><br>Fruit | Fish goujons, roast potatoes and peas<br><br>Crumble and custard * | Mixed bean casserole and cous cous <b>(V)</b><br><br>Jam slice | Lasagne and vegetables <b>(V)</b><br><br>Fruit              |
| <b>Tea</b>   | Burgers, wedges and beans <b>(V)</b><br><br>Fruit  | Salmon pasta bake *<br><br>Flap jack            | Sausage casserole and vegetables <b>(V)</b><br><br>Fruit           | Cheese and Onion pie *<br><br>Yoghurt *                        | Chicken Curry and Rice <b>(V)</b><br><br>Cake and Custard * |

**\*= Dairy free option available if required**

**V = Vegetarian option available if required**

**We have the right to change these menus as circumstances dictate.**