|  | w/ begin | Band | Monday | Tuesday | Wednesday | Thursday | Friday |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Week 1 | $\begin{aligned} & 18 / 10 \\ & 15 / 11 \\ & 13 / 12 \end{aligned}$ | $\begin{gathered} \hline \text { Choice } \\ 1 \\ \text { Green } \end{gathered}$ | Quorn Meatballs in Tomato Sauce with Rice | Halal Roast Chicken Yorkshire Pudding Potatoes | Fish Fingers Oven Chips or Potatoes | Halal Lamb Pie with Potatoes | Halal Chicken Curry with Rice |  |
|  |  | Choice 2 Veg Yellow | Cheese \& Tomato Pizza. Herb or Plain Potato Wedges | Baked Potato Savoury Cheese | Vegetable Paella Crusty Bread | Sweet Chilli Quorn Flat Bread | Vegetable Quarter Pounder Spiced or Plain Diced Potatoes |  |
|  |  | $\begin{gathered} \hline \text { Choice } \\ 3 \\ \text { White } \\ \hline \end{gathered}$ | Cheese Sandwich or Roll | Fish Goujons Salad Wrap | Savoury Cheese Sandwich or Roll | Tuna Sandwich/Roll | Salmon Nibbles Spiced or Plain Diced Potatoes |  |


|  | w/begin | Band | Monday | Tuesday | Wednesday | Thursday | Friday |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Week <br> 2 | $\begin{aligned} & 25 / 10 \\ & 22 / 11 \\ & 20 / 12 \end{aligned}$ | $\begin{aligned} & \text { Choice } \\ & 1 \\ & \text { Green } \end{aligned}$ | Falafel Burger in a Bun. Oven Chips or Potatoes | Halal Lamb Savoury Mince with Potatoes | Quorn Meatballs in Gravy. Spiced or Plain Diced Potatoes | Halal Lamb Spaghetti Bolognaise. Garlic \& Herb Bread | Breaded Fish with Potatoes |  |
|  |  | Choice 2 Veg Yellow | Baked Beans on Toast | Quorn Goujons with Tangy Sweet \& Sour Noodles | Vegetable Curry with Rice | Quorn Hot Dog \& Onions Herb or Plain Potato Wedges | Quorn Tomato Pasta Garlic\& Herb Bread |  |
|  |  | Choice <br> 3 <br> White | Baked Potato Cheese \& Coleslaw | Tuna Sandwich or Roll | Vegetable Quarter Pounder Spiced or Plain Diced Potatoes | Cheese Sandwich or Roll | Halal Sweet Chilli Chicken Wrap |  |


|  | w/begin | Band | Monday | Tuesday | Wednesday | Thursday | Friday |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Week 3 | $\begin{aligned} & 1 / 11 \\ & 29 / 11 \end{aligned}$ | Choice 1 Green | Sweet Potato \& Coconut Curry with Rice | Halal Lamb Lasagne Garlic \& Herb Bread | Halal Roast Chicken \& Yorkshire Pudding with Potatoes | Quorn Sausages in Gravy with Potatoes | Fish Fingers Oven Chips or Potatoes |  |  |
|  |  | $\begin{gathered} \hline \text { Choice } \\ 2 \text { veg } \\ \text { Yellow } \\ \hline \end{gathered}$ | Quorn Goujon Herb or Plain Potato Wedges | Cheese \& Tomato Pizza with Pasta | Quorn Risotto Crusty Bread | Vegetable Chilli with Rice | Cheese \& Tomato Quiche Oven Chips or Potatoes |  |  |
|  |  | Choice 3 White | Cheese Sandwich or Roll | Tuna Sandwich or Roll | Fish Cake Herb or Plain Potato Wedges | Fish Goujon Salad Wrap | Baked Potato Baked Beans |  |  |


|  | w/begin | Band | Monday | Tuesday | Wednesday | Thursday | Friday |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Week 4 | $\begin{aligned} & \hline 8 / 11 \\ & 6 / 12 \end{aligned}$ | $\begin{gathered} \hline \text { Choice } \\ 1 \\ \text { Green } \end{gathered}$ | Macaroni Cheese Garlic \& Herb Bread | Breaded Fish with Potatoes | Halal Chicken Casserole Herb or Plain Potato Wedges | Halal Mince Pie with Potatoes | Halal Chicken Fajita Spiced or Plain Diced Potatoes |  |
|  |  | Choice 2 Veg Yellow | Quorn Sausage Casserole with Potatoes | Thai Vegetable Curry with Rice | Baked Potato Cheese <br> \& Coleslaw | Quorn Goujon Salad Flat Bread | Vegetable Arrabiata Pasta |  |
|  |  | $\begin{gathered} \hline \text { Choice } \\ 3 \\ \text { White } \end{gathered}$ | Cheese Sandwich or Roll | Halal Chicken Mayonnaise Wrap | Quorn Hot Dog \& Onions Herb or Plain Potato Wedges | Banana \& Cheese <br> Sandwich or Roll | Keema Burger in a Bun Herb or Plain Diced Potato |  |

