



No. of the contract of the con			
	Week 1	Week 2	Week 3
	1/9 22/9 13/10 10/11 1/12	8/9 29/9 20/10 17/11 8/12	15/9 6/10 3/11 24/11 15/12
Monday	Vegetable Curry & rice Or Pasta carbonara Mixed vegetables Toffee apple crumble	Jacket potato filled Veg Sausage & baked beans. Or Tomato, red pepper, pasta & cheese bake Peas Syrup Sponge & Custard	Margarita Pasta Bake. Or Plant based chicken pieces & Veg curry. Peas & corn mix. Apple & Raspberry Sponge
Tuesday	Sweet and Sour Chicken Or Bean Ghouash & Cous cous. Sweetcorn Steamed Chocolate Sponge & Custard.	Classic Pork Sausage & Mash Or Quorn vegan beef pieces in a wrap. Mixed Veg Apple Pie & Custard	Beef Burritos Or Roast Stuffed Pepper with a cheese crumble topping. Sweetcorn Chocolate Chip Cookie
Wednesday	Beef Pasta Bolognaise Or Veg Mince Bolognaise Sweetcorn Ginger Sponge	Chicken Tikka Masala with rice Or Mixed Bean & Vegetable Chilli with Rice Broccoli Jam Roly Poly & Custard	Chicken & Ham Pie Or Vegetable crumble Farmhouse Vegetables Apple & Cinnamon sponge & Custard
Thursday	Pork Sausage Toad in the Hole Or Chickpea & Spinach curry with rice Roast Potatoes Carrots & Cabbage Iced Marble Sponge	Roast turkey with stuffing. Or Vegetable & Lentil Lasagne Cabbage and carrots Roast potatoes Chocolate Shortbread	Roast Pork & Apple Sauce Or Ratatouille & Mozarella Bake Carrots and Green Beans Roast potatoes Chocolate Crunch Biscuit
Friday	Cheese & Tomato Pizza Or Fish fingers Chips Baked Beans Melon & Grapes	Chicken burger in a roll Or Roasted Veg, Mozarella & Pesto Toasted Baguette Carrot and cucumber sticks Chips Fruit Yoghurt	Hot Dog Or Quorn Burger in a roll Baked Beans Chips Apple, Satsuma or Banana