











WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAIN MEAL	Margarita pizza with diced potatoes and beans 	Chicken curry with rice and sweetcorn 	Sausage & mash with carrots 	Tomato pasta with broccoli 	Battered fish, chips and peas 
JACKET POTATO CHOICES	Tuna mayonnaise with fresh crisp salad 	Cheese with fresh crisp salad 	Baked beans and Coleslaw 	Tuna mayonnaise with fresh crisp salad 	Cheese with fresh crisp salad 
DESSERT OF THE DAY	Vanilla shortbread or Apple or Fruit yogurt	Fruit cocktail or Raisins/Sultanas or Fruit yogurt	Strawberry Angel Delight or Satsuma or Fruit yogurt	Banana or Fresh fruit pot or Fruit yogurt	Ice-cream or Fresh fruit pot or Fruit yogurt

Week commencing- 31.09.20, 14.09.20, 28.09.20, 12.10.20, 26.10.20

EVERY MAIN MEAL AND DESSERT CONSISTS OF 1 OF YOUR 5 A DAY – THAT MEANS YOUR CHILD IS GETTING ATLEAST 2 OF THEIR 5 A DAY