

**Wristband Menu Week One - 30/11, 11/01, 1/02, 22/02, 15/03, 26/04**

**M**



**Lamb Grill in a Bap**

**or**



**Salmon & Sweet Potato Fishcake**

**T**



**Pork Loin Steak in Gravy**

**or**



**(v) Plain Omelette**

**W**



**Chicken Korma**

**or**



**(v) Cheese & Tomato Pizza**

**T**



**Meaty Pasta Bake**

**or**



**(v) Quorn Sausages**

**F**



**Haddock Fillet Bake**

**or**



**(v) Tomato Fusilli**

**Monday - Vegetarian Only : Cheese and Vegetable Country Bake**

**Wristband Menu Week Two - 16/11, 7/12, 18/01, 8/02, 1/03, 22/03, 12/04, 3/05**

**M**



**Pork Patties in a Bap**

**or**



**Tuna Pasta**

**T**



**Spaghetti Bolognese**

**or**



**Jacket Potato Cheese and Bacon**

**W**



**Giant Cod Fish Finger**

**or**



**Sweet & Sour Chicken with Noodles**

**T**



**Sliced Beef/Pork in Gravy**

**or**



**(v) Farmhouse Omelette**

**F**



**Baked Alaskan Salmon**

**or**



**(v) Quorn Korma**

**Monday - Vegetarian Only: Cheesy Pasta Shells**

**Tuesday - Vegetarian Only: Cheesy Jacket Potato**

**Wednesday - Vegetarian Only: Cheese and Vegetable Country Bake**

**Wristband Menu Week Three - 23/11, 14/12, 4/01, 25/01, 8/03, 19/04, 10/5**

**M**



**Chicken Fillet in Gravy**

**or**



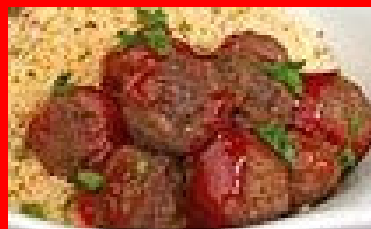
**Pasta with Peas & Bacon**

**T**



**(v) Pizza Margherita**

**or**



**Lamb Meatballs  
in Gravy**

**W**



**Beef or Lamb Lasagne**

**or**



**Fish Crunchy**

**T**



**Pork Sausages in Gravy**

**or**



**(v) Cous Cous Bake**

**F**



**Breaded Fish Fillet**

**or**



**(v) Cheese & Potato Pie**

**Monday - Vegetarian Only: Pasta with Peas and Sweetcorn**

**Wednesday - Vegetarian Only: Vegetable Lasagne**