

Week 3 Springwood	Monday 23.09.24 14.10.24	Tuesday 24.09.24 15.10.24	Wednesday 25.09.24 16.10.24	Thursday 26.09.24 17.10.24	Friday 27.09.24 18.10.24
Main	Lasagne*~ (Vegetarian)	Chicken pie*	Meat balls* pork in a tomato sauce with pasta	Beef Cottage Pie*	Fish fingers and potato wedges
Vegetarian	Veggie fajitas*	Vegetarian Pie	Vegan sausage in tomato sauce with pasta *	Veggie Cottage Pie*	Veggie fritters*
Gluten Free	Veggie GF fajitas	GF Chicken pie	GF sausage in tomato sauce with pasta	GF Cottage Pie*	GF Fish fingers and potato wedges
Dairy Free	Veggie DF fajitas	DF Chicken pie	DF sausage in tomato sauce with pasta	DF Cottage Pie	DF Fish fingers and potato wedges
Jacket potatoes	Cheese ~ and beans	Cheese~	Cheese~	Cheese~	Cheese~ and beans
With	Vegetables and garlic bread*	Mini roast potatoes and vegetables	Vegetables	Mashed potatoes and vegetables	Baked beans and salad

*contains gluten ~ contains dairy H Halal meat