

WEEK A: 2, 16, 30 Nov 14 Dec	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	Creamy macaroni cheese  Seasonal vegetables	Chicken and pepper fajitas or Mixed vegetable fajitas  Savoury rice Green vegetables	Roast Gammon or Mixed bean veg stew  Roast Potatoes and gravy seasonal vegetables	Chicken and leek hotpot or Vegetable tagine  Broccoli Seasonal Vegetables	Fish fingers or cheese and pepper omelette  Chips Beans or peas
<b>Jacket potato</b>	Jacket potatoes stuffed with a choice of fillings served with mixed salad.				
<b>Dessert</b>	Vanilla shortbread	Blueberry cake	Berry jelly	Ginger Biscuit	Oat shortbread
Fresh fruit available every day					

## Did you know?



We make all our meals freshly in our onsite kitchens every day

All our recipes are home made and meet the government's guidelines for healthy schools, ensuring a balanced lunch

All our fresh produce comes from Bristol Fruit and Veg market

All our meat is from South West England, and certified at least to RSPCA assured standards

All our cod is MSC certified, our tuna is dolphin friendly and our eggs are free range

We use low sugar and salt recipes and alternatives across our menu

Our supplier delivers in recyclable and reusable packaging, and has a 0% to landfill policy

Gluten free, dairy free and other special diets catered for, please speak to us directly



WEEK B: 9,23 Nov 7 Dec	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	Mediterranean roast vegetable pasta bake  Green vegetables	Beef Goulash or mixed bean chilli  Fluffy rice  Seasonal vegetables	Roast Turkey and Stuffing or Quorn cottage pie  Crispy roast potatoes  Seasonal vegetables	Sausage and mash or Veggie Sausage and Mash  Seasonal vegetables	Fish fingers or pizza wrap  chips  Peas or baked beans
<b>Jacket potato</b>	Jacket potatoes stuffed with a choice of fillings served with mixed salad.				
<b>Dessert</b>	Fruity Shortbread	Mandarin Jelly	Biscuit selection	Apple sponge cake	Choc shortbread
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