

WEEK A: 2, 16, 30 Nov 14 Dec Gluten free	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	Gluten free roasted vegetable pasta bake  Seasonal vegetables	Mexican Chicken  Savoury rice Green vegetables	Gluten free Roast gammon or Mixed bean veg stew  Roast potatoes and gluten free gravy seasonal vegetables	Chicken and leek hotpot or Vegetable tagine  Broccoli Seasonal vegetables	Gluten free Fish fingers or 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>	Gluten free brownie	Fruit salad	Berry jelly	Fruit salad	Gluten free chocolate cake
	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 Gluten free	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	Gluten free 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	Gluten free sausage and mash or Veggie sausage and mash  Seasonal vegetables	Gluten free fish fingers  Chips  Peas or baked Beans
<b>Jacket Potato</b>	Jacket potatoes stuffed with a choice of fillings served with mixed salad				
<b>Dessert</b>	Fruit salad	Gluten free brownie	Mandarin jelly	Gluten free brownie	Fruity jelly
	Fresh fruit available every day				

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