

WEEK A: Dairy free 6th Sept 27th Sept 18th Oct	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Tomatoes and red pepper pasta bake Served with green vegetables	Chicken curry Or Red pepper and lentil curry Served with fully wholemeal rice and seasonal veg	Roast turkey Or Vegetable bake Served with roast potatoes and seasonal veg	Hot dog Or Veggie hot dog Served with paprika potatoes and sweetcorn	Fish fingers Or Veggie fish fingers Served with chips, beans or peas
Jacket Potato	Baked beans, Vegetable curry served with fresh salad				
Dessert	Strawberry jelly	Fresh fruit salad	Blueberry jelly	Melon wedges	Frozen smoothie
	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: Dairy free 13th Sept 4th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Tomatoes and basil spaghetti Served with sweetcorn	Sweet and sour chicken Or Vegetable stir fry Served with egg noodles and vegetables	Dairy free Cottage pie Or Veggie cottage pie Served with seasonal veg and gravy	Sausage Or Veggie sausage Served with herby potatoes and seasonal veg	Breaded fish fillets Or Veggie fingers Served with chips and beans or peas
Jacket Potato	Baked beans or ratatouille served with fresh salad				
Dessert	Strawberry jelly	Fruit salad	Blueberry jelly	Fresh fruit salad	Frozen smoothie pot
	Fresh fruit available every day				

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WEEK C: Dairy free 20th Sept 11th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mixed bean chilli con carne Served with fluffy wholemeal rice, tortilla and seasonal veg	All day breakfast Or Vegetarian all day breakfast Served with sausage, egg, hash brown, fresh tomato and beans	Chicken and leek hot pot Or veggie hot pot Served with seasonal veg	Spaghetti Bolognese Or Chunky vegetable Bolognese Served with seasonal vegetables	Fish finger Or Veggie burger Served with chips, bean or peas
Jacket Potato	Baked beans or mixed bean chilli served with mixed salad				
Dessert	Frozen smoothie pot	Mixed fruit salad	Pineapple jelly	Banana and grape pot	Strawberry jelly
Fresh fruit available every day					

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