

WEEK A: 6th Sept 27th Sept 18th Oct	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mac and cheese Served with garlic bread and green vegetables	Creamy chicken curry Or Red pepper lentil curry Served with fluffy wholemeal rice	Roast turkey Or Cauliflower cheese Served with roast potatoes and seasonal veg and gravy	Hot dog Or Veggie hot dog Served with paprika potatoes and sweetcorn	Fish fingers Or Vegetable fingers Served with chips and beans or peas
Jacket potato	Cheese, beans, tuna mayo, served with fresh salad.				
Dessert	Country style Vanilla shortbread (with hidden carrots and fruit)	Jam and coconut sponge and custard	Blueberry jelly	Warm Peaches and custard	Frozen fruit smoothie
Fresh fruit and yogurt 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: 13th Sept 4th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Roasted vegetables lasagne Served with garlic and herb bread and sweetcorn	Sweet and sour chicken Or Vegetable stir fry Served with egg noodles and vegetables	Cottage pie Or Veggie cottage pie Served with seasonal veg and gravy	Cheese and tomato pizza slice Served with herby potatoes and seasonal veg	Breaded fish fillet Or Veggie sausage roll Served with chips and beans or peas
Jacket potato	Cheese, beans, tuna mayo served with a fresh salad.				
Dessert	Orange and cinnamon shortbread	Pineapple upside down cake and custard	Strawberry mousse	Fresh fruit salad	Chocolate crispy cake
	fresh fruit and yogurt available every day				

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WEEK C: 20th Sept 11th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mixed bean chilli con carne Served with fluffy wholemeal rice, tortillas, sour cream and vegetables	All day breakfast Or Vegetarian all day breakfast Served with sausage, egg, hash brown, fresh tomato and beans	Chicken and leek pie Or Winter Vegetable Pie Served with mash potatoes and peas	Spaghetti Bolognese Or Chunky vegetable Bolognese Served with garlic bread and seasonal vegetables	Fish fingers Or Veggie burger Served with chips and beans or peas
Jacket potato	Cheese, beans, tuna mayo served with fresh salad.				
Dessert	Chocolate and beetroot shortbread	Fully loaded banana cake and custard	Pineapple jelly	Apple and pear crumble and custard	Fruity flapjack
fresh fruit and yogurt available every day					

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