

WEEK A: Gluten free 6th Sept 27th Sept 18th Oct	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheesy tomato and herb pasta bake Served with green vegetables	Creamy chicken curry Or Red pepper lentil curry Served with fluffy wholemeal rice	Roast turkey Or Cauliflower bake Served with roast potatoes and seasonal veg and gravy	Gluten free sausage sandwich Served with paprika potatoes and Sweetcorn	Gluten free Fish fingers, chips and beans Or Gluten free Pasta bake Served with peas
Jacket Potato	Cheese, cheese and bean, tuna mayo served with fresh salad				
Dessert	Strawberry Jelly	Chocolate Brownie	Blueberry Jelly	Fresh Fruit salad	Frozen 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: Gluten free 13th Sept 4th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Roasted Vegetable pasta bake Served with sweetcorn	Sweet and sour chicken Or Vegetable stir fry Served with white rice and vegetables	Cottage pie Or Veggie cottage pie Served with seasonal veg and gravy	Gluten free Cheese and tomato pizza slice Served with herby potatoes and seasonal veg	Gluten free fish fingers Or Gluten free grilled cheese sandwich Served with chips and beans or peas
Jacket Potato	Cheese, cheese and bean, tuna mayo served with fresh salad				
Dessert	Strawberry Jelly	Gluten free chocolate Brownie	Frozen smoothie Pot	Fresh Fruit salad	Organic Yoghurt
Fresh fruit and yogurt available every day					

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WEEK C: Gluten free 20th Sept 11th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mixed bean chilli con carne Served with fluffy wholemeal rice and vegetables	All day breakfast Gluten free sausage, egg, sliced potatoes, fresh tomato and beans	Chicken and leek hot pot Served with seasonal veg	Beef bolognaise pasta bake Or Vegetable pasta bake Served with seasonal Veg	Gluten free Fish fingers, chips and beans Or Stuffed pepper Served with mixed salad
Jacket Potato	Cheese, cheese and bean, tuna mayo served with fresh salad				
Dessert	Gluten free Chocolate brownie	Strawberry smoothie pot	Pineapple jelly	Warm apple and pear with cinnamon	Pineapple and melon pot
	Fresh fruit and yogurt available every day				

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