WEEK A: Dairy free 15th Nov 6th Dec	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					
	and the second second	a an				





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 2nd Nov 22nd Nov 13th Dec	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	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 Fre	Blueberry jelly esh fruit available every o	Fresh fruit salad day	Frozen smoothie pot	
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All our recipes are home made and meet the government's guidelines for healthy schools, ensuring a balanced lunch

Did you know?



LOW SUGAR SPCA We make all our meals freshly in our onsite kitchens every day



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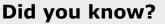
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WEEK C: Dairy free 8th Nov 29th Nov	Monday Meat free	Tuesday	Wednesday	Thursday	Friday		
Hot Meal	Mixed bean chilli con carne Served with fluffy wholemeal rice, tortilla and seasonal veg	All day breakfast Or Vegetarian all day breakfast Served with sausage, egg, hash brown, fresh tomato and	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						

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





LOW SUGAR SPCA We make all our meals freshly in our onsite kitchens every day

LOW SALT

> British Free Range Egg

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