

WEEK A: Gluten free 15th Nov 6th Dec	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	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
<b>Jacket Potato</b>	Cheese, cheese and bean, tuna mayo served with fresh salad				
<b>Dessert</b>	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



<b>WEEK B: Gluten free 2nd Nov 22nd Nov 13th Dec</b>	<b>Monday Meat free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	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
<b>Jacket Potato</b>	Cheese, cheese and bean, tuna mayo served with fresh salad				
<b>Dessert</b>	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 8th Nov 29th Nov	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	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
<b>Jacket Potato</b>	Cheese, cheese and bean, tuna mayo served with fresh salad				
<b>Dessert</b>	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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