

WEEK A: Gluten free 5th Sept 26th Sept 17th Oct	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mediterranean pasta bake Served with peas	Cheese burger Or loaded chickpea burger in a bun with lettuce and mayo Served with herby potatoes	Roast gammon Or cauliflower bake Served with roast potatoes seasonal vegetables and gravy	Chicken tikka masala Or lentil dahl Served with 50/50 rice and sweetcorn	Fish finger Or cheese and tomato pizza Served with chips peas or beans
Jacket Potato	Cheese or ratatouille Served with fresh mixed salad.	Beans or tuna mayo Served with fresh mixed salad.	Cheese and beans Served with fresh mixed salad.	Cheese or tuna mayo Served with fresh mixed salad.	Cheese and beans Served with fresh mixed salad.
Cold option	Cheese sandwich or egg sandwich Served with pasta or 50/50 rice salad	Cheese sandwich or ham sandwich Served with pasta or 50/50 rice salad	Ham and cheese sandwich or tuna mayo sandwich Served with pasta or 50/50 rice salad	Cheese sandwich or ham sandwich Served with pasta or 50/50 rice salad	Cheese sandwich or tuna mayo sandwich Served with pasta or 50/50 rice salad
Dessert	Chocolate brownie	Fruity jelly	Frozen smoothy pot	Berry compote and yogurt	Fresh fruit salad
Fresh fruit and yogurt available every day					

WEEK B: Gluten free 12th Sept 3rd Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mexican bean fajita Served with 50/50 tomato rice and sweetcorn	Ham and sweetcorn pizza Or cheese and tomato pizza Served with herby potatoes and peas	Roast turkey Or vegetable hotpot Served with roast potatoes seasonal vegetables and	Bolognaise pasta Bake Or red pepper and courgette pasta bake Served with broccoli	Fish fillet Or cheese and mushroom potato skins Served with baked beans
Jacket Potato	Cheese Or veggie chilli Served with fresh mixed salad	Beans Or tuna Mayo Served with fresh mixed salad	Cheese Or beans Served with fresh mixed salad	Bolognaise Or cheese Served with fresh mixed salad	Cheese and beans Served with fresh mixed salad
Cold Option	Egg sandwich Or cheese sandwich Served with pasta or 50/50 rice and salad	Ham sandwich Or cheese sandwich Served with pasta or 50/50 rice and salad	Cheese sandwich Or tuna mayonnaise sandwich Served with pasta or 50/50 rice and salad	Ham sandwich Or egg sandwich Served with pasta or 50/50 rice and salad	Cheese sandwich Or ham sandwich Served with pasta or 50/50 rice and salad
Dessert	Chocolate and orange	Fresh fruit salad	Berry mousse	Fruit jelly	Greek yogurt and
Fresh fruit and yogurt available every day					

WEEK C: Gluten free 19th Sept 10th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheesy pasta bake Served with green vegetables	Pork sausage Or winter bake Served with cheesy mash and beans or sweetcorn	Minced beef and onion hot pot Or cauliflower bake Served with roast potatoes seasonal vegetable and gravy	Chicken fried rice Or mushroom fried rice Served with green beans	Fish fingers Or cheese and onion omelette Served with chips
Jacket Potato	Beans and cheese Served with a fresh mixed salad	Tuna mayonnaise Or beans Served with a fresh mixed salad	Beans Or cheese Served with a fresh mixed salad	Cheese and coleslaw Or beans Served with a fresh mixed salad	Cheese and beans Served with a fresh mixed salad
Cold option	Cheese sandwich Or egg sandwich Served with pasta or 50/50 rice and salad	Cheese sandwich Or tuna mayo sandwich Served with pasta or 50/50 rice and salad	Ham sandwich Or cheese sandwich Served with pasta or 50/50 rice and salad	Ham sandwich Or egg mayo sandwich Served with pasta or 50/50 rice and salad	Ham sandwich Or cheese sandwich Served with pasta or 50/50 rice and salad
Dessert	Chocolate brownie	Banana and greek yogurt	Frozen smoothie	Carrot cake	Chocolate and beetroot whacky cake
Fresh fruit and yogurt available every day					