

<b>WEEK A:</b> <b>5th Sept</b> <b>26th Sept</b> <b>17th Oct</b>	<b>Monday</b> <b>Meat Free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	Mediterranean pasta bake  Served with garlic bread and peas	Cheese burger Or loaded Chickpea burger in a bun with lettuce and mayo  Served with herby potatoes	Roast gammon Or cauliflower cheese  Served with roast potatoes seasonal vegetables and gravy	Chicken tikka masala Or lentil dahl  Served with 50/50 rice and sweetcorn	Fish finger Or salmon fish cake Or cheese and tomato pinwheel  Served with chips peas or beans
<b>Jacket potato</b>	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.
<b>Cold Option</b>	Cheese wrap or egg wrap  Served with pasta or 50/50 rice salad	Cheese roll or tuna, mayonnaise sandwich  Served with pasta or 50/50 rice salad	Ham roll or cheese wrap  Served with pasta or 50/50 rice salad	Cheese wrap or egg mayonnaise sandwich  Served with pasta or	Cheese sandwich or ham sandwich  Served with pasta or 50/50 rice salad
<b>Dessert</b>	Pear and ginger muffin	Coconut cookie	Frozen smoothie pot	Berry crumble and custard	Fresh fruit salad
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

