

<b>WEEK A:</b> <b>Gluten free</b> <b>14th Nov</b> <b>5th Dec</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 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
<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 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
<b>Dessert</b>	Chocolate brownie	Fruity jelly	Frozen smoothy pot	Berry compote and yogurt	Fresh fruit salad
Fresh fruit and yogurt available every day					

<b>WEEK B: Gluten free 1st Nov 21st Nov 12th Dec</b>	<b>Monday Meat free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	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 gravy	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
<b>Jacket Potato</b>	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
<b>Cold Option</b>	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	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
<b>Dessert</b>	Chocolate and orange shortbread	Fresh fruit salad	Berry mousse	Fruit jelly	Greek yogurt and peaches
Fresh fruit and yogurt available every day					

<b>WEEK C: Gluten free 7th Nov 28th Nov</b>	<b>Monday Meat free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	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 beans or peas
<b>Jacket Potato</b>	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
<b>Cold option</b>	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
<b>Dessert</b>	Chocolate brownie	Banana and greek yogurt	Frozen smoothie	Carrot cake	Chocolate and beetroot whacky cake
Fresh fruit and yogurt available every day					