WEEK A: 9th Jan 30th Jan	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	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 and mix salad	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
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 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 50/50 rice salad	Cheese sandwich or ham sandwich Served with pasta or 50/50 rice salad
Dessert	Pear and ginger muffin	Coconut cookie	Frozen smoothie pot	Berry crumble and custard	Fresh fruit salad
	Fresh bread, 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