

WEEK A: Gluten free 27th Feb 20th March	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mediterranean pasta bake Served with peas	Roast gammon Or cauliflower bake Served with roast potatoes seasonal vegetables and gravy	Cheese burger Or loaded chickpea burger in a bun with lettuce and mayo Served with herby potatoes	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 6th March 27th March	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mexican bean fajita Served with 50/50 tomato rice and sweetcorn	Roast turkey Or vegetable hotpot Served with roast potatoes seasonal vegetables and gravy	Ham and sweetcorn pizza Or cheese and tomato pizza Served with herby potatoes and peas	Bolognese 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	Beans Or tuna Mayo Served with fresh	Cheese Or beans Served with fresh	Bolognese Or cheese Served with fresh	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 20th Feb 13th March	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheesy pasta bake Served with green vegetables	Minced beef and onion hot pot Or cauliflower bake Served with roast potatoes seasonal vegetable and gravy	Pork sausage Or winter bake Served with cheesy mash and beans or sweetcorn	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	Cheese sandwich Or tuna mayo sandwich Served with pasta or 50/50 rice and	Ham sandwich Or cheese sandwich Served with pasta or 50/50 rice and	Ham sandwich Or egg mayo sandwich Served with pasta or 50/50 rice and	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				