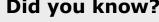
WEEK A: 12th June 3rd July	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Roasted vegetable lasagne Served with mixed green vegetables and garlic bread	Chicken and Mushroom Pie  Or  Creamy mushroom parcel  Served with mashed potatoes seasonal vegetables and gravy	Sausage Or Vegetarian sausage Served with hash brown, mushrooms, tomatoes and baked beans	Sweet and sour chicken  Or Chunky vegetables Sweet and sour Served with egg noodles and green beans	Fish fingers Or Salmon fish cake Or Vegetable fingers Served with chips peas or beans
Jacket potato	Beans and cheese Served with fresh mixed salad.	Beans Or Tuna mayo Served with fresh mixed salad.	Cheese and beans Or Salmon mayo Served with fresh mixed salad.	Cheese and coleslaw Or Beans 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	Ham wrap or Egg mayonnaise sandwich Served with pasta or 50/50 rice salad	Ham wrap or Cheese wrap Served with pasta or 50/50 rice salad
Dessert	Coconut shortbread	Raspberry jelly and cream Fresh bread, Fre	Blueberry cake and custard sh fruit and yogurt avai	Greek Yogurt with honey lable every day	Fresh fruit salad









We make all our meals freshly in our onsite kitchens every day



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

