

WEEK A: Gluten free 13th Nov 4th Dec	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Tomato and herby pasta bake Served with herby bread and green beans	Mild chicken curry Or Red pepper and butternut squash curry Served with 50/50 rice and sweetcorn	Roast turkey Or Vegetable bake Served with roast potatoes seasonal veg and gravy	Cottage pie Or Winter vegetable pie Served with seasonal vegetable	Fish fingers Or Cheesy bean wrap Served with chips and beans and peas
Jacket Potato	Cheese Or Beans Served with fresh mixed salad.	Beans Or Chicken curry Served with fresh mixed salad.	Cheese and beans Or Salmon mayo 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	Peaches and custard	Strawberry Jelly	Carrot cake	Frozen fruit smoothie pot
Fresh fruit and yogurt available every day					

WEEK B: Gluten free 30th Oct 20th Nov 11th Dec	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mediterranean pasta bake Served with herby bread and green beans	Tandoori chicken wrap Or Tandoori sweet potato and courgette wrap Served with 50/50 rice and corn on the cob	Gammon ham Or Vegetable hot pot Served with mashed potatoes and seasonal vegetables and gravy	Spaghetti bolognaise Or Chunky vegetable bolognaise Served with garlic bread, peas	Fish fingers Or Cheese and potato pie Served with chips and beans or sweetcorn
Jacket Potato	Cheese Or Beans 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	Bolognaise Or Cheese Served with fresh mixed salad	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 brownie and orange slice	Greek yogurt and honey	Carrot cake and custard	Orange jelly and whipped cream	Fresh fruit salad
Fresh fruit and yogurt available every day					

WEEK C: Gluten free 6th Nov 27th Nov	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheese and tomato pizza Served with herby potatoes and sweetcorn	Beef chilli con carne Or Mixed bean chilli con carne Served with 50/50 rice, peas and carrots	Sausage Or Veggie sausage Served with mashed potatoes, seasonal vegetables and onion gravy	Chicken and leek pasta bake Or Leek and pepper pasta bake Served with garlic bread and broccoli	Fish fingers Or Cheese and pepper omelette Or Salmon sticks Served with chips and beans or peas
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 Or Tuna mayo 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 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
Dessert	Raspberry Jelly	Fresh fruit salad	Carrot cake	Frozen smoothie pot	Chocolate brownie and custard
Fresh fruit and yogurt available every day					