

| WEEK A: Gluten free 8th Jan 29th Jan | 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 and gravy | 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 15th Jan 5th Feb | 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 2nd Jan 22nd Jan | 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 | | | | | |