

WEEK A: Gluten free 22nd April 13th May	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Red Pepper Frittata Or Broccoli and cheese bake Served with new potatoes and peas	Tandoori chicken wrap Or Sweet potato and courgette wrap Served with turmeric rice and sweetcorn	Roast turkey Or Veggie cottage pie Served with roast potatoes, seasonal veg and gravy	Sausage Or Veggie Sausage Served with mashed potatoes and Seasonal vegetables	Fish fingers Or Cheese and onion omelette Served with chips, beans or peas
Jacket Potato	Cheese Or Beans Served with fresh mixed salad	Beans Or Cheese 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	Vanilla shortbread Pineapple and yogurt Orange jelly and whipped cream Apple and blackberry sponge Frozen strawberry yogurt Fresh fruit and yogurt available every day				

WEEK B: Gluten free 29th April 20th May	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mediterranean pasta bake Or Vegetable pasta bake Served with green vegetables and garlic bread	Creamy chicken curry Or Spinach and chickpea curry Served with 50/50 rice and sweetcorn	Gammon ham roast Or Cauliflower bake Served with roast potatoes, seasonal veg and gravy	Chicken burrito Or Sweet potato and courgette burrito Served with nachos and sweetcorn	Fish fingers Or Cheese and bean toastie Served with chips, beans or peas
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	Beans 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 and beetroot brownie	Fresh fruit salad	Greek yogurt and honey	Raspberry jelly	Strawberry smoothie pot
Fresh fruit and yogurt available every day					

WEEK C: Gluten free 15th April 6th May	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheese and tomato pizza slice or Pepper and sweetcorn pizza Served with mixed rice salad	Bolognaise bake Or Veggie bolognaise bake Served with garlic bread and broccoli	Chicken potato topped pie Or Fully loaded vegetable potato topped pie Served with new potatoes and vegetables	Sausage Or Veggie sausage Served with mashed potatoes and spaghetti hoops	Fish fillet Or Cheese and potato pie Served with chips, beans or peas
Jacket Potato	Cheese and beans 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 mayonnaise 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	Cheese sandwich Or Ham sandwich Served with pasta or 50/50 rice and salad
Dessert	Coconut shortbread	Strawberry jelly and yogurt	Banana and blueberry cake	Peaches and yogurt	Raspberry smoothie pot
Fresh fruit and yogurt available every day					