

WEEK A: Gluten free 28th April 19th May	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Falafel Or Crustless cheese and leek quiche  Served with 50/50 rice salad	Chicken and vegetable potato topped pie Or Hot pot  Served with roast potatoes and seasonal vegetable and gravy	Sausage  Served with scrambled egg, sliced potato and beans or tomatoes	Pasta bolognaise Or Quorn bolognaise  Served with garlic bread and seasonal vegetables	Fish cake Or Veggie chilli and rice  Served with chips, beans or peas
Jacket Potato	Beans Or Cheese  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 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 Ham 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	Peaches and yogurt	Lemon slice	Peach and berry shortbread	Banana and carrot slice	Ice cream pot
	Fresh fruit and yogurt available every day				

<b>WEEK B: Gluten free 5th May</b>	<b>Monday Meat free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	<p>Mediterranean vegetable and lentil pasta bake</p> <p>Served with garlic bread and seasonal vegetables</p>	<p>Chicken burger with lettuce and mayo</p> <p>Or</p> <p>Veggie burger with lettuce and mayo</p> <p>Served with herby potatoes and sweetcorn</p>	<p>Roast turkey</p> <p>Served with roast potatoes, peas and gravy</p>	<p>Mexican chilli</p> <p>Or</p> <p>Mix bean chilli</p> <p>Served with 50/50 rice and seasonal vegetables</p>	<p>Fish fillet</p> <p>Or</p> <p>Salmon fish cake</p> <p>Or</p> <p>Stir-fry vegetables and rice</p> <p>Served with chips, beans or peas</p>
<b>Jacket Potato</b>	<p>Cheese</p> <p>Or</p> <p>Beans</p> <p>Served with fresh mixed salad</p>	<p>Beans</p> <p>Or</p> <p>Tuna mayo</p> <p>Served with fresh mixed salad</p>	<p>Cheese and beans</p> <p>Or</p> <p>Salmon mayo</p> <p>Served with fresh mixed salad</p>	<p>Beans</p> <p>Or</p> <p>Cheese</p> <p>Served with fresh mixed salad</p>	<p>Cheese and beans</p> <p>Served with fresh mixed salad</p>
<b>Cold Option</b>	<p>Egg wrap</p> <p>Or</p> <p>Cheese wrap</p> <p>Served with pasta or 50/50 rice and salad</p>	<p>Ham roll</p> <p>Or</p> <p>Cheese sandwich</p> <p>Served with pasta or 50/50 rice and salad</p>	<p>Cheese roll</p> <p>Or</p> <p>Tuna mayonnaise wrap</p> <p>Served with pasta or 50/50 rice and salad</p>	<p>Ham wrap</p> <p>Or</p> <p>Egg roll</p> <p>Served with pasta or 50/50 rice and salad</p>	<p>Cheese sandwich</p> <p>Or</p> <p>Ham sandwich</p> <p>Served with pasta or 50/50 rice and salad</p>
<b>Dessert</b>	Summer fruit and yogurt	Peach shortbread	Fruity cake	Banana and apricot cake	Jelly and peach
	Fresh fruit and yogurt available every day				

WEEK C: Gluten free 22nd April 12th May	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheese and tomato pizza slice  Or  Vegetable pizza slice  Served with pasta salad	Minced beef and onion potato topped pie Or Vegetable and butter bean hot pot Served with sweet potatoes and seasonal vegetables and gravy	Hot dog Or Veggie hot dog Served with wedges and sweetcorn	Creamy chicken curry Or Vegetable, chickpea and spinach curry  Served with 50/50 rice and mixed vegetables	Fish fillet Or Salmon fish cake Or Cheese topped tomato and lentil pasta bake Served with chips beans or sweetcorn
Jacket Potato	Cheese Or 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 wrap Or Egg roll  Served with pasta or 50/50 rice and salad	Cheese roll Or Tuna mayo sandwich  Served with pasta or 50/50 rice and salad	Ham roll Or Cheese wrap  Served with pasta or 50/50 rice and salad	Ham wrap 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	Yogurt and pineapple	Banana cake	Fruity chocolate brownie	Apple and carrot muffin	Frozen fruit smoothie
	Fresh fruit and yogurt available every day				