

WEEK A: Gluten free 16th June 7th July	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				

WEEK B: Gluten free 2nd June 23rd June 14th July	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Mediterranean vegetable and lentil pasta bake Served with garlic bread and seasonal vegetables	Chicken burger with lettuce and mayo Or Veggie burger with lettuce and mayo Served with herby potatoes and sweetcorn	Roast turkey Served with roast potatoes, peas and gravy	Mexican chilli Or Mix bean chilli Served with 50/50 rice and seasonal vegetables	Fish fillet Or Salmon fish cake Or Stir-fry vegetables and rice 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 wrap Or Cheese wrap Served with pasta or 50/50 rice and salad	Ham roll Or Cheese sandwich Served with pasta or 50/50 rice and salad	Cheese roll Or Tuna mayonnaise wrap Served with pasta or 50/50 rice and salad	Ham wrap Or Egg roll Served with pasta or 50/50 rice and salad	Cheese sandwich Or Ham sandwich Served with pasta or 50/50 rice and salad
Dessert	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 9th June 30th June 21st July	Monday Meat free	Tuesday On the 22nd July, it will be Fridays menu	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				