

<b>WEEK A:</b> <b>Gluten free</b> <b>1st Sept</b> <b>22nd Sept</b> <b>13th Oct</b>	<b>Monday</b>  <b>Meat Free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	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
<b>Jacket Potato</b>	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
<b>Cold option</b>	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
<b>Dessert</b>	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 8th Sept 29th Sept 20th Oct	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 15th Sept 6th Oct	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				