

| WEEK A: Gluten free 5th Jan 26th Feb | Monday Meat Free | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|---|
| Hot Meal | Cheese and tomato pizza slice Or Vegetable pizza slice Served with dry roast potato wedges and sweetcorn | Chicken casserole Or Fully loaded butterbean casserole Served with mashed potatoes and seasonal vegetables | Roast gammon Or Cauliflower bake Served with roast potatoes, seasonal vegetables and gravy | Creamy chicken and vegetable pasta bake Or Creamy Vegetable pasta bake Served with garlic bread, broccoli and carrots | Fish fingers Or Salmon fish cake Or Sweet potato and chick pea curry Served with chips, beans or sweetcorn |
| Jacket Potato | Beans Or Cheese Served with fresh mixed salad | Beans Or Cheese Served with fresh mixed salad | Cheese and beans Or Tuna 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 | Greek yogurt with peaches | Fresh fruit | Sweet potato brownie | Hulk and custard (pea cake) | Vanilla ice cream with fruit pot |
| | Fresh fruit and yogurt available every day | | | | |

| WEEK B: Gluten free 12th Jan 2nd Feb | Monday Meat free | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|--|
| Hot Meal | Mexican bean chilli Or Mexican bean burrito Served with 50/50 rice, peas and green beans | Sausages Or Veggie sausages Served with mashed potatoes, peas and carrots, gravy | Roast turkey Or Creamy vegetable and butterbean pie Served with roast potatoes and seasonal vegetables | Beef Bolognaise Or Vegetable lentil pasta bake Served with whole- meal garlic bread and seasonal vegetables | Fish fingers Or Pea fritter Served with chips, beans or peas |
| Jacket Potato | Cheese and beans Served with fresh mixed salad | Tuna Mayo and Mackerel (hidden extra omega 3) Or Cheese Served with fresh mixed salad | Cheese and beans Or Salmon mayo Served with fresh mixed salad | Tuna Mayo Or Baked beans Served with fresh mixed salad | Cheese and beans Or Cheese and coleslaw 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 (hidden extra omega 3) 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 | Greek Yogurt with honey | Fresh fruit | Lemon shortbread | Butternut squash cake | Strawberry ice cream with fruit |
| | Fresh fruit and yogurt available every day | | | | |

| WEEK C: Gluten free 19th Jan 9th Feb | Monday Meat free | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|---|
| Hot Meal | Butternut squash macaroni and cheese Or Tomato and herby pasta bake Served with green vegetables | Acacia's Spanish stew (chicken) Or Veggie lentil Spanish stew Served with bread and seasonal vegetables | Cottage pie Or Mixed bean vegetable pie Served with seasonal vegetables and gravy | Caribbean chicken curry Or Sweet potato and chick pea curry Served with 50/50 wholegrain rice and seasonal vegetables | Fish Fillet Or Vegetable stir fry with rice Served with chips, beans or mushy peas |
| Jacket Potato | Cheese and beans Served with a fresh mixed salad | Cheese and Coleslaw Or Tuna and Mackerel mayo (hidden extra omega 3) Served with a fresh mixed salad | Cheese and beans Or Cheese and coleslaw Served with a fresh mixed salad | Tuna mayo (hidden extra omega 3) Or salmon mayo Served with a fresh mixed salad | Cheese and beans Or Cheese and coleslaw 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 (hidden extra omega 3) 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 | Greek yogurt with berry compote | Oat and banana cookie | Yogurt and courgette cake | Butternut squash toffee cake | Apple cake |
| | Fresh fruit and yogurt available every day | | | | |