

WEEK A: Gluten free 23rd Feb 16th March	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 2nd March 23rd March	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 beef or Halal chicken 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 9th March 30th March	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				