

| WEEK A: Gluten free 20th April 11th May | Monday Meat Free | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|---|
| Hot Meal | Macaroni and cheese Or Lentil and congruent pasta bake Served with green beans | Hot dog Or Veggie hot dog Served with potatoes or pasta salad and vegetable crudites | Roast beef Or Leek and Butterbean pie Served with roast potatoes, seasonal vegetables and gravy | Chicken tacos Or Veggie tacos Served with sour cream, salsa, rice and sweetcorn | Fish finger Or Fully loaded vegetable pasta bake Served with chips and 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 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 | Mixed fruit and yogurt | Apple and carrot muffin | Peach crumble | Fruit jelly | Vanilla ice cream |
| Fresh fruit and yogurt available every day | | | | | |

| WEEK B: Gluten free 27th April 18th May | Monday Meat free | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|---|
| Hot Meal | Cheese and tomato pizza Or Roasted veggie pizza Served with wedges and sweetcorn | Chicken chow main Or Vegetable and bean stir fry Served with 50/50 rice and mixed veg | Sausage Or Veggie sausage Served with mash potato, seasonal vegetables and onion gravy | Spaghetti Bolognese Or Veggie spaghetti bolognese Served with green beans | Fish fillet Or Salmon fish cake or Cheese and onion omelette Served with chips and 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 | Yogurt with berries | Chocolate brownie | Fruity shortbread | Orange and peach jelly and cream | Strawberry ice cream |
| Fresh fruit and yogurt available every day | | | | | |

| WEEK C: Gluten free 4th May | Monday Meat free | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|--|
| Hot Meal | Tomato and lentil pasta bake | Coconut chicken curry | Roast Gammon | Sausage roll | Fish fingers |
| | Or | Or | Or | Or | Or |
| | Creamy vegetable spaghetti | Coconut, squash and chickpea curry | Cauliflower bake | Veggie sausage roll | Sweetcorn and red pepper pizza slice |
| | Served with garlic bread and peas and sweetcorn | Served with turmeric rice and vegetables | Served with roast potatoes, seasonal vegetable and gravy | Served with mash potatoes and peas | Served with chips and beans or peas |
| Jacket Potato | Cheese and beans | Cheese and Coleslaw Or | Cheese and beans Or | Tuna mayo (hidden extra omega 3) Or | Cheese and beans Or |
| | Served with a fresh mixed salad | Tuna and Mackerel mayo (hidden extra omega 3) Served with a fresh mixed salad | Cheese and coleslaw Served with a fresh mixed salad | salmon mayo Served with a fresh mixed salad | Cheese and coleslaw Served with a fresh mixed salad |
| Cold option | Cheese wrap Or | Cheese roll Or | Ham roll Or | Ham wrap Or | Cheese sandwich Or |
| | Egg roll | Tuna mayo (hidden extra omega 3) sandwich | Cheese wrap | Egg mayo sandwich | Ham Sandwich |
| | Served with pasta or 50/50 rice and salad | Served with pasta or 50/50 rice and salad | Served with pasta or 50/50 rice and salad | Served with pasta or 50/50 rice and salad | Served with pasta or 50/50 rice and salad |
| Dessert | Yogurt with honey | Banana and carrot slice | Apple and berry crumble | Raspberry yogurt cake | Strawberry jelly with cream |
| | Fresh fruit and yogurt available every day | | | | |