

WEEK A: Gluten free 8th June 29th June 20th July	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 15th June 6th July	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 1st June 22nd June 13th July	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Tomato and lentil pasta bake Or Creamy vegetable spaghetti Served with garlic bread and peas and sweetcorn	Coconut chicken curry Or Coconut, squash and chickpea curry Served with turmeric rice and vegetables	Roast Gammon Or Cauliflower bake Served with roast potatoes, seasonal vegetable and gravy	Sausage roll Or Veggie sausage roll Served with mash potatoes and peas	Fish fingers Or Sweetcorn and red pepper pizza slice Served with chips and beans or 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	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					