

WEEK A: Gluten free 7th Sept 28th Sept 19th Oct	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Macaroni and cheese	Hot dog	Roast beef	Chicken tacos	Fish finger
	Or	Or	Or	Or	Or
	Lentil and congruent pasta bake	Veggie hot dog	Leek and Butterbean pie	Veggie tacos	Fully loaded vegetable pasta bake
	Served with green beans	Served with potatoes or pasta salad and vegetable crudites	Served with roast potatoes, seasonal vegetables and gravy	Served with sour cream, salsa, rice and sweetcorn	Served with chips and beans or peas
Jacket Potato	Beans Or Cheese	Beans Or Cheese	Cheese and beans Or Tuna mayo	Cheese Or Beans	Cheese and beans
	Served with fresh mixed salad	Served with fresh mixed salad	Served with fresh mixed salad	Served with fresh mixed salad	Served with fresh mixed salad
Cold option	Cheese wrap Or Egg wrap	Cheese roll Or Ham sandwich	Ham roll Or Cheese wrap	Ham wrap Or Egg mayonnaise sandwich	Ham wrap Or Cheese wrap
	Served with pasta or 50/50 rice salad	Served with pasta or 50/50 rice salad	Served with pasta or 50/50 rice salad	Served with pasta or 50/50 rice salad	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 14th Sept 5th Oct	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 21st Sept 12th Oct	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
Dessert	Served with pasta or 50/50 rice and salad	Served with pasta or	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
	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					