

<b>WEEK A:</b> <b>Gluten free</b> <b>16th Sept</b> <b>30th Sept</b>	<b>Monday</b> <b>Meat Free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	Red pepper and sweetcorn pizza Or Cheese and tomato pizza Served with rice salad and sweetcorn	Roast Gammon Or Veggie pie Served with roast potatoes, seasonal vegetables and gravy	Chicken Biryani Or Sweet potato and mushroom biryani Served with mixed vegetables	Pasta bolognaise Or Vegetable Pasta bake Served with green vegetables and garlic bread	Fish fingers Or Vegetable bake Served with chips, beans or peas
<b>Jacket Potato</b>	Beans Or Cheese Served with fresh mixed salad	Beans Or Cheese Served with fresh mixed salad	Cheese and beans Or Salmon mayo Served with fresh mixed salad	Cheese Or Beans Served with fresh mixed salad	Cheese and beans Served with fresh mixed salad
<b>Cold option</b>	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
<b>Dessert</b>	Carrot cak slice	Banana and berry cobbler with custard	Fully loaded strawberry jelly	Yogurt and peaches	Fruity chocolate brownie
	Fresh fruit and yogurt available every day				

<b>WEEK B: Gluten free 2nd Sept 23rd Sept 7th Oct</b>	<b>Monday Meat free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	Tomato and herb bake  Served with green vegetables and herby bread	Roast turkey Or Butternut squash and potato pie Served with mashed potato, seasonal vegetable and gravy	Mexican chicken Or Mexican chunky vegetables Served with 50/50 rice sweetcorn	Sticky beef Or Stir fried vegetables Served with rice and seasonal vegetables	Fish fillet Or Salmon fishcake Or Veggie sausage Served with chips, beans or peas
<b>Jacket Potato</b>	Cheese Or Beans  Served with fresh mixed salad	Beans Or Tuna Mayo  Served with fresh mixed salad	Cheese and beans Or Salmon mayo  Served with fresh mixed salad	Beans Or Cheese  Served with fresh mixed salad	Cheese and beans  Served with fresh mixed salad
<b>Cold Option</b>	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 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
<b>Dessert</b>	Orange, sultana and carrot slice	Peach and berry crumble with custard	Strawberry jelly	Yogurt and pineapple	Orange jelly
Fresh fruit and yogurt available every day					

<b>WEEK C: Gluten free 9th Sept 30th Sept 14th Oct</b>	<b>Monday Meat free</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Meal</b>	Chinese mixed vegetables with 50/50 rice Or Cheesy topped pasta bake Served with seasonal vegetables	Sausages Or Veggie sausages Served with seasonal vegetables and gravy	Beef burrito Or Chunky veggie burrito Served with tortilla chips and vegetables	Chicken and leek pasta bake Or Leek and pea pasta bake Served with garlic bread and seasonal vegetable	Fish fingers Or Cheese and onion omelette Served with chips, beans or sweetcorn
<b>Jacket Potato</b>	Cheese Or Beans Served with a fresh mixed salad	Tuna Mayonnaise Or Beans Served with a fresh mixed salad	Beans Or Cheese Served with a fresh mixed salad	Cheese Or Tuna Mayonnaise Served with a fresh mixed salad	Cheese and beans Served with a fresh mixed salad
<b>Cold option</b>	Cheese wrap Or Egg roll Served with pasta or 50/50 rice and salad	Cheese roll Or Tuna mayo 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
<b>Dessert</b>	Lemon slice	Banana cake	Yogurt and honey	Berry jelly	Pineapple cake and custard
Fresh fruit and yogurt available every day					