

GF=Gluten Free; D=Contains Dairy; G=Contains Gluten E=Contains Egg; V=Vegan SD=Suphur Dioxide**WEEK 1 and 5**

Monday	Tuesday	Wednesday	Thursday	Friday
MEAT FREE MONDAY Penne Pasta with Tomato Sauce & Garlic Bread G	Breaded Chicken Waffle Fries & Beans E,G,D	Roast Turkey with Roast Potatoes & Vegetables GF (with Yorkshire G,D,E)	Beef Burrito with Nachos & Salsa G,D	Crispy Fish Fingers with Chips & Peas G
MEAT FREE MONDAY Penne Pasta with Nutless Pesto & Garlic Bread G, D	Quorn Dippers with Waffle Fries & Beans G	Nutless Roast with Potatoes & Vegetables (with Yorkshire G,D,E)	Veggie Burrito with Nachos & Salsa G,D	Quorn Vegan Fishless Fingers with Chips & Peas G
Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V
Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Chocolate Biscuit G,D

WEEK 2 and 6

MEAT FREE MONDAY Penne Pasta with Tomato Sauce & Garlic Bread G	Southern Fried Chicken Burger with Skinny Fries & Corn Cob	Roast Chicken with Roast Potatoes & Vegetables GF (with Yorkshire G,D,E)	Spaghetti Bolognese with Mixed Vegetables & Salad G	Wholemeal based Pepperoni Pizza & Salad D,G
MEAT FREE MONDAY Spinach & Ricotta Tortellini with Garlic Bread G, D	Veggie Burger with Skinny Fries & Corn Cob G	Quorn Roast with Roast Potatoes & Vegetables GF (with Yorkshire G,D,E)	Veggie Bolognese with Mixed Vegetables & Salad G	Wholemeal based Margarita Pizza & Salad D,G
Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V
Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Carrot Cake G,D,E

WEEK 3 and 7

MEAT FREE MONDAY Penne Pasta with Tomato Sauce & Garlic Bread G	Breaded Chicken with Potato Waffle & Beans E,G,D	Gammon with Roast Potatoes & Vegetables GF (with Yorkshire G,D,E)	Italian Style Meatballs in Tomato Sauce with Spaghetti G,E	Crispy Fish Fillet with Chips & Peas G
MEAT FREE MONDAY Penne Pasta with Nutless Pesto & Garlic Bread G,D	Quorn Dippers with Potato Waffle & Beans G	Nutless Roast with Potatoes & Vegetables (with Yorkshire G,D,E)	Gnocchi in Tomato Sauce G	Veggie Quesadilla G,D
Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V
Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Ice Cream D

WEEK 4 and 8

MEAT FREE MONDAY Penne Pasta with Tomato Sauce & Garlic Bread G	Creamy Chicken Curry with Rice (contains coconut milk)	Roast Chicken with Roast Potatoes & Vegetables GF (with Yorkshire G,D,E)	Spaghetti Bolognese with Mixed Vegetables & Salad G	Wholemeal based Pepperoni Pizza & Salad D,G
MEAT FREE MONDAY Spinach & Ricotta Tortellini with Garlic Bread G,D	Creamy Veggie Curry & Rice (contains coconut milk)	Quorn Roast with Roast Potatoes & Vegetables GF (with Yorkshire G,D,E)	Veggie Bolognese with Mixed Vegetables & Salad G	Wholemeal based Margarita Pizza & Salad D,G
Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V	Jacket Potato GF,V
Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Mini Lemon Meringue G,D,E