

Week 1 GF/EF/DF/SF- FF

Monday	Tuesday	Wednesday	Thursday	Friday
Meat Balls in Tomato Sauce (FF) School to purchase free from pasta Mixed Vegetables(ve) Fresh Fruit(ve) Or Lemon Drizzle Muffin (FF)	Sticky Beef Stir Fry (FF) or Mild Beef Chilli (FF) Steamed Rice or Vegetable Sticks (ve) Fresh Fruit(ve) Or Homemade Flapjack & Custard (FF)	Cooks Choice Roast & Gravy Mashed Potato (ve) or Roast Potatoes(ve) Broccoli & Baby Carrots(ve) Fresh Fruit(ve) Or Strawberry Smoothie(FF)& Fruit	Homemade Ham & Cheese Pizza (FF) Oven Baked Wedges (ve) Baked Beans (ve) Fresh Fruit(ve) Or Melting Moment (FF) & Mandarins(ve)	Breaded Fish Fillet (FF) & Tomato Sauce Chunky Chips(ve) Garden Peas(ve) Fresh Fruit(ve) Or Chocolate Sponge (FF) & Custard (FF)

Week 2 GF/EF/DF/SF-FF

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger Wrap (FF) & Tomato Sauce	Ham, Mediterranean Bake Sauce (FF)	Cooks Choice & Gravy	Chicken Curry (FF) or Sweet & Sour Chicken (FF)	Salmon Fish Fingers (FF) & Tomato Sauce
Unseasoned Potato Wedges (ve) Baked Beans(ve)	School to purchase free from pasta Sweetcorn(ve)	Mash Potato or Roast Potatoes (ve) Green Cabbage & Baby Carrots (v)(ve)	Rainbow Rice Mixed Vegetables(ve)	Chunky Chips (v) Garden peas(v)
Fresh Fruit (ve)	Fresh Fruit(ve)	Fresh Fruit(ve)	Fresh Fruit (ve)	Fresh Fruit(ve)
Or	Or	Or	Or	Or
Blueberry or Banana Muffin (FF)	Chocolate Crackle & Cream (FF)	Vegan Ice Cream & Fruit Cocktail (FF)	Chocolate Sponge & Custard(ve)	Raspberry Bun (FF)or Oaty Biscuit & Fruit (FF)

Week 3 GF/EF/DF/SF-FF

Monday	Tuesday	Wednesday	Thursday	Friday
Marinated Chicken Wrap (FF) Golden Vegetable Rice(ve) Vegetable Sticks (ve) Fresh Fruit(ve) Or Chocolate Oat Delight & Custard (FF)	"Yorkshire" All Day Breakfast (FF) Potato Faces (ve) Baked Beans(ve) Fresh Fruit(ve) Or Rice Pudding & Jam (FF)	Cooks Choice Roast & Gravy Mashed Potato or Roast Potatoes (ve) Broccoli & Baby Carrots (ve) Fresh Fruit(ve) Or Fruit Jelly & Vegan Ice-cream (FF)	Italian Style Bolognese Sauce (FF) School to purchase free from pasta Baby Carrots & Garden Peas(ve) Fresh Fruit(ve) Or Melting Moment & Mandarins (FF)	Breaded Fish Fillet (FF) & Tomato Sauce Chunky Chips(ve) Garden Peas(ve) Fresh Fruit (ve) Or Homemade Flapjack & Custard/cream (FF)