

# Week 1 Glenwood school

|                    | Monday                       | Tuesday                                         | Wednesday                                          | Thursday                            | Friday                   |
|--------------------|------------------------------|-------------------------------------------------|----------------------------------------------------|-------------------------------------|--------------------------|
| <b>Option 1</b>    | Pizza whirl (v)              | Chicken Korma (gf)                              | Roast Dinner                                       | Pasta Bolognese                     | Omega 3 fish fingers     |
| <b>Option 2</b>    | Tomato and basil Pasta (v)   | Cheese pastry                                   | Vegetable parcel (v)                               | Jacket potato's Mix of fillings (v) | Quorn burger (v)         |
| <b>Gluten free</b> | Gluten free pizza            | Chicken Korma (gf)<br>Or<br>Jacket potato       | Roast Dinner                                       | Pasta Bolognese                     | Gluten free fish fingers |
| <b>On the Side</b> | Sweetcorn<br><br>Pasta Salad | Rice<br><br>Whole green beans<br><br>Naan bread | Roast potato's<br>Carrots<br><br>Yorkshire pudding | Broccoli                            | Chips<br><br>Peas        |
| <b>Dessert</b>     | Fresh fruit mix              | Flapjack                                        | Fruit crumble<br>With cream                        | Cake                                | Delight                  |

Jacket Potato or Baguette available on request, Wholemeal Bread, Milk, Salad, Fruit and Yoghurt available every day

**Key:** (v) – Vegetarian  
 (ve) – Vegan  
 (p) – Processed  
 (gf) – Gluten free

## Week 2 Glenwood school

|                    | Monday                                      | Tuesday                                         | Wednesday                                          | Thursday                                | Friday               |
|--------------------|---------------------------------------------|-------------------------------------------------|----------------------------------------------------|-----------------------------------------|----------------------|
| <b>Option 1</b>    | Margherita pizza<br>With pasta salad<br>(v) | Chicken Tikka (gf)                              | Roast Dinner                                       | Plant based (v)<br>Bolognese            | Omega 3 Fish fingers |
| <b>Option 2</b>    | Macaroni cheese (v)                         | Vegan sausage (ve)<br>roll                      | Quorn fillet (v)                                   | Jacket potato's<br>with mix of fillings | Bean burger<br>(v)   |
| <b>Gluten free</b> | Gluten and dairy free<br>pizza              | Chicken tikka (gf)<br>Or<br>Jacket potato       | Roast Dinner                                       | Jacket potato                           | Fish fingers         |
| <b>On the Side</b> | Sweetcorn                                   | Rice<br><br>Whole green beans<br><br>Naan bread | Roast potato's<br>Carrots<br><br>Yorkshire pudding | Broccoli                                | Chips<br><br>Peas    |
| <b>Dessert</b>     | Fruit salad mix                             | Flapjack                                        | Fruit crumble<br>with custard                      | Cake                                    | Delight              |

Jacket Potato or Baguette available on request, Wholemeal Bread, Milk, Salad, Fruit and Yoghurt available every day

**Key:** (v) – Vegetarian  
(ve) – Vegan  
(p) – Processed  
(gf) – Gluten free

## Week 3 Glenwood school

|                    | Monday                      | Tuesday                                                      | Wednesday                                      | Thursday                                   | Friday               |
|--------------------|-----------------------------|--------------------------------------------------------------|------------------------------------------------|--------------------------------------------|----------------------|
| <b>Option 1</b>    | Cheesy bean pasta Bake (v)  | Chicken chunks (p)<br>With chip style curry sauce (optional) | Roast Dinner                                   | Minced beef Puff                           | Omega 3 fish fingers |
| <b>Option 2</b>    | Pizza Whirl (v)             | Quorn Curry (v)                                              | Vegetable parcels (v)                          | Vegetarian meatballs in a tomato sauce (v) | Crispy dipper (v)    |
| <b>Gluten free</b> | Gluten and dairy free pizza | Gluten free Chicken goujons                                  | Roast dinner                                   | Minced beef puff                           | Fish fingers         |
| <b>On the Side</b> | Garlic Bread<br>sweetcorn   | Rice<br>Whole green beans                                    | Roast Potatoes<br>Carrots<br>Yorkshire Pudding | Mash<br>Broccoli                           | Chips<br>Pea's       |
| <b>Dessert</b>     | Fresh fruit Mix (v)         | Flapjack                                                     | Fruit crumble and Custard                      | Cake                                       | Delight              |

Jacket Potato or Baguette available on request, Wholemeal Bread, Milk, Salad, Fruit and Yoghurt available every day

**Key:** (v) – Vegetarian  
(ve) – Vegan  
(p) – Processed  
(gf) – Gluten free