

Week 1 Glenwood school

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza whirls (v)	Chicken Curry	Butcher sausage (p)	Tomato and basil Pasta (v)	Omega 3 Fish Fingers
Option 2	Frittata (v)	Vegan sausage roll (ve)	Roast Quorn Fillet (v)	Jacket potato Mix of fillings	Boston bean burger (v)
Gluten free	Gluten and Dairy free Pizza	Chicken bites (p)	Butcher sausage	Tomato and basil Pasta	Gluten free fish fingers
On the Side	Coleslaw (v) Potato salad (v) Salad bar Sweetcorn (ve)	Rice (ve) Cucumber Salad Salad Bar Naan bread	Roast potatoes Or Mash Yorkshire Pudding Seasonal Vegetables Gravy (optional)	Broccoli	Chips or Mash Baked Beans Peas
Dessert	Fresh fruit	Iced Chocolate Cake	Fresh Fruit With Cream	Flapjack (v)	Mousse (v)

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

Key: (v) – Vegetarian
(ve) – Vegan
(p) – Processed



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Creamy Macaroni Cheese (v)	Sweet and sour Chicken	Roast Gammon with Yorkshire pudding	Beef Bolognese with pasta and garlic bread	Omega 3 Fish fingers
Option 2	Vegetable pinwheel (v)	Crispy Quorn dippers (ve)	Roast herby fillet (v)	Baked Cheese and Onion roll with crispy cube potato's (v) and baked beans	Crispy Fingers (v)
Gluten free	Tomato Pasta or Jacket potato (v)	Sweet and sour Chicken	Roast Gammon	Beef Bolognese with gluten free pasta	Fish fingers
On the Side	Crusty Bread (v) Sweetcorn Salad	Rice Broccoli Salad Bar	New potato's or mash Seasonal Vegetables Gravy (optional)	Whole green beans Salad Bar	Chips Or Mash Sweetcorn Peas
Dessert	Yeo Valley yoghurt (v)	Coconut and cranberry cookie (v)	Fruit Salad (ve)	Peach and Raspberry Cupcake (v)	Ice cream (v)

Jacket Potato or Baguette available on request. Wholemeal bread, milk fruit and yoghurt available daily

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Week 3 Glenwood school

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Meatballs (p) with Tomato sauce (optional sauce)	Tandoori pieces With rice or (v) In pitta with optional yoghurt dip	Roast Pork	Vegetable topped Pizza	Omega 3 fish fingers
Option 2	Plant Powered balls (v) with tomato sauce (optional)	Quorn Chilli (v) with half jackets	Quorn Sausage twist (v)	Cheddar whirl (v)	Southern crumbed burger (v)
Gluten free	Gluten free meat balls with gluten free pasta	Coated chicken With Half Jacket's	Roast pork	Gluten and dairy free vegetable topped pizza (v)	Fish fingers
On the Side	Pasta (v) Broccoli (ve) Carrots (ve)	Rice Sweetcorn Salad bar	Crispy Roast Potatoes Yorkshire Pudding Seasonal Vegetables Gravy (optional)	Pasta salad Sweetcorn Salad bar	Chips or mash Baked Beans Peas
Dessert	Jam and coconut sponge (v)	Biscuit (v)	Fruit salad (ve) with cream (v)	Fruit salad (ve)	Jelly (v)

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

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