

Week 1 Glenwood school

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta Bar (v) (Fusilli Spaghetti) with	Bubble fish	Roast Gammon	Chicken Korma	Omega 3 fish fingers
Option 2	Carbonara sauce or Tomato and basil sauce (v)	Quorn burger (v)	Quorn fillet (v)	Jacket potato's Mix of fillings (v)	Quorn hot dog (v)
Gluten free	Gluten free pasta In Tomato basil	Bubble Fish	Roast Gammon	Chicken Korma	Gluten free fish fingers
On the Side	Sweetcorn Salad Bar	Mash Baked beans	Roast potato's Carrots Yorkshire pudding	Rice Naan bread Whole green beans	Chips Peas
Dessert	Fresh fruit mix	Flapjack	Angel Delight	Ice cream	Chocolate cake (v)

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
Option 1	Crispy Chicken	Sausage roll	Roast Turkey	Chicken Tikka	Omega 3 fish fingers
Option 2	Quorn dipper	Vegan sausage roll (ve)	Quorn fillet (v)	Jacket potato's with mix of fillings	Southern style burger (v)
Gluten free	Crispy breaded Chicken	Gluten free sausage	Roast Turkey	Chicken Tikka	Fish fingers
On the Side	Pasta salad bar Sweetcorn	Mash Baked beans	Roast potato's Carrots Yorkshire pudding	Rice Naan bread Whole green beans	Chips Peas
Dessert	Fruit salad mix	Flapjack	Angel Delight	Arctic roll	Marble cake

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

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Week 3 Glenwood school

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita pizza (v)	Vegetable parcel (v)	Roast Chicken	Quorn chilli (v)	Omega 3 fish fingers
Option 2	Tomato and basil Pasta (v)	Cheese whirl (v)	Quorn fillet (v)	Jacket Potato's Mix of fillings	Quorn sausage (v)
Gluten free	Gluten and dairy free pizza	Gluten free parcel	Roast Chicken	Jacket Potato's Mix of fillings	Fish fingers
On the Side	Pasta salad Sweetcorn	Mash Baked Beans	Roast Potatoes Carrots Yorkshire Pudding	Rice Whole green beans	Chips Peas
Dessert	Fresh fruit Mix (v)	Flapjack	Angel Delight	Ice cream	Jam Sponge

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

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