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| **Meal week 1**  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** | Leek& Potato Soup | Vegetable Soup | Carrot & Coriander Soup | Veg & Rice Soup | Vegetable Soup |
| **Choice 1** |  G/F Beef Burger with Seasoned Wedges and Salad | G/F Crispy Fish Fillet with Chunky Chips and peas | G/F Mac & CheeseWith G/F Garlic Bread & Broccoli | Cottage PieWith Baby Carrots | G/F Chicken Fillet with Seasoned wedges Sweetcorn  |
| **Choice 2** | Plain Omelette with Seasoned Wedges & Salad | Veg Tikka Masala with Rice & Crunchy Salad | Baked PotatoWith Veg Chilli or Baked Beans& Crunchy Salad | Tuna Mayo or Cheese SandwichWith Crunchy Salad & Coleslaw | G/F Pizza Sub with Seasoned Wedges, Sweet corn & Coleslaw |
| **Dessert** | Yoghurt | Chocolate Mousse | Jelly | Ice Cream |  Custard  |

**Gluten Free Menu**

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| **Meal Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** | Vegetable Soup | Leek & Potato Soup | Yellow Split Pea Soup | Vegetable Soup | Vegetable Soup |
| **Choice 1** | G/F Mild Chicken /Veg Curry with Rice & Mixed Peppers |  G/F Chicken Burger with Seasoned Wedges & Crunchy Salad | G/F Veg Sausage Beans and Potato Wedges | Turkey Meatball in Gravy with Creamy Mashed Potato & Carrots |  |
| **Choice 2** | Salmon Fish Finger with Chunky Chips & Peas |  G/F Tomato & Veg Pasta with Garlic Bread & Broccoli |  G/F Veg Fajitas with Potato Wedges & Mixed Peppers | Cheese/tuna mayo Sandwich with Crunchy Salad and Coleslaw | Baked Potato with Baked Beans or Cheese & Crunchy Salad |
| **Dessert** | Ice Cream | Yoghurt | Jelly | Fruit Salad with Cream | Yoghurt |