

# Week 1 Glenwood school

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Sausage twist (v)	Chicken Curry (gf)	Roast pork	Beef bolognese	Omega 3 Fish Fingers
<b>Option 2</b>	Cheese and onion Roll (v)	Quorn dippers (ve)	Vegetable parcel (v)	Jacket potato with cheese (v)	Quorn vegan chiqin strips (ve)
<b>Gluten free</b>	Gluten and Dairy free Parcel	Chicken curry	Roast Pork	Beef bolognese	Gluten free fish fingers
<b>On the Side</b>	Homemade wedges  Bakes beans	Rice  Cauliflower	Mash potato  Yorkshire Pudding Seasonal Vegetables  Gravy (optional)	Pasta  Garlic bread  Broccoli	Chips  Peas
<b>Dessert</b>	Fresh fruit mix	Jam crumble slice	Yoghurt	Sponge and custard(v)	Shortbread (v)

Jacket Potato or Baguette available on request, Wholemeal Bread, Milk, 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>	Quorn chilli (v)	Chicken pie	Roast Gammon with Yorkshire pudding	Macaroni cheese (v)	Omega 3 Fish fingers
<b>Option 2</b>	Rainbow stir fry (v)	Vegetable pinwheel (v)	Roast herby fillet (v)	Vegan sausage roll (ve)	Southern style burger (v)
<b>Gluten free</b>	Rainbow stir fry (v)	Chicken pie	Roast Gammon with gluten and dairy free Yorkshire pudding	Tomato Pasta	Fish fingers
<b>On the Side</b>	Rice (v) Noodles Green beans	Mash Peas	Roast potatos Carrots Gravy (optional)	Pasta salad (v) Sweetcorn	Chips Baked beans
<b>Dessert</b>	Oat cookie (v)	Fresh fruit salad (v)	Crumble and custard (v)	Iced sponge (v)	Mini Doughnuts with chocolate sauce (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
<b>Option 1</b>	Margherita pizza (v)	Crispy chicken (With optional sweet and sour sauce)	Roast Turkey	Beef cobbler	Omega 3 fish fingers
<b>Option 2</b>	Cheese whirl (v)	Mexican Quorn chilli (v)	Roast vegetable crumble (v)	Quorn sausage (v)	Fluffy omelette muffins (v)
<b>Gluten free</b>	Gluten and dairy free pizza	Coated chicken	Roast Turkey	Beef cobbler (v)	Fish fingers
<b>On the Side</b>	Mix pepper and sweetcorn  Pasta salad	Rice  Green beans	Crispy Roast Potatoes Yorkshire Pudding Carrots Gravy (optional)	Broccoli  Mash	Chips  Baked Beans
<b>Dessert</b>	Fresh fruit salad (v)	Chocolate cake and custard (v)	Yoghurt (v)	Flapjack (v)	Orange cookie (v)

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

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