

Week 1 - Autumn Winter - Tea Alternatives

Monday	<u>Cheese Wholemeal Rolls</u>
DF / VA	<u>Dairy Free Wholemeal Roll</u> Dairy Free Cheese, Dairy Free Spread, Wholemeal Roll G
GF	<u>Gluten Free Wholemeal Roll</u> Cheddar Cheese D , Dairy Free Spread, Gluten Free Wholemeal Roll
Tuesday	<u>Houmous Pitta</u>
BPL	<u>Cheesy Dip Flatbread</u> Cheddar Cheese D , Vegan Mayonnaise, Pitta G
GF	<u>Houmous Gluten Free Pitta</u> Chickpeas, Lemon Juice, Garlic, Cumin, Gluten Free Pitta
Wednesday	<u>Coronation Chicken Wholemeal Sandwiches</u>
V / VA / P	<u>Bean Pate Wholemeal Sandwiches</u> Cannelloni Beans S , Vegan Mayonnaise, Mild Madras Curry Powder, Mango, Chutney, Turmeric, Wholemeal Bread G S , Dairy Free Spread
GF / SF	<u>Gluten and Soya Free Coronation Chicken Wholemeal Sandwiches</u> Chicken, Vegan Mayonnaise, Mild Madras Curry Powder, Mango Chutney, Turmeric, Gluten and Soya Free Bread, Dairy Free Spread
Thursday	<u>Pasta, Pesto, Peas, Sweetcorn</u>
DF / VA	<u>Vegan Pasta, Peas, Sweetcorn</u> <u>Tomatoes, Onions, Carrots, Leeks, Spinach, Garlic, Basil, Oregano, Pasta G, Peas, Sweetcorn</u>
GF	<u>Gluten Free Pesto Pasta Peas, Sweetcorn</u> Pesto D Gluten Free Pasta, Peas, Sweetcorn
Friday	<u>Tuna Mayonnaise Wraps</u>
V / VA	<u>Vegan Chickpea Mayonnaise Wrap</u> Chickpeas, Vegan Mayonnaise, Lemon Juice, Wrap G
GF	<u>Gluten Free Tuna Mayonnaise Wrap</u> Tuna F , Vegan Mayonnaise, Gluten Free Bread

Week 2 - Autumn Winter - Tea Alternatives

Monday	<u>Roasted Red Pepper and Cream Cheese Pate, Pitta</u>
DF / VA	<u>Dairy Free Roasted Red Pepper and Cream Cheese Dip</u> Roasted Red Pepper, Dairy Free Cream Cheese, Garlic, Cumin, Smoked Paprika, Pitta G
GF	<u>Gluten Free Roasted Red Pepper and Cream Cheese Dip, Pitta</u> Roasted Red Pepper, Cream Cheese D, Garlic, Cumin, Smoked Paprika, Gluten Free Pitta
Tuesday	<u>Egg Mayonnaise Wholemeal Sandwiches</u>
EF	<u>Egg Free Wholemeal Sandwich</u> Cheddar Cheese D, Vegan Mayonnaise, Dairy Free Spread, Wholemeal Bread G S
GF / SF	<u>Gluten and Soya Free Egg Mayonnaise Wholemeal Sandwich</u> Free Range Egg E, Vegan Mayonnaise, Dairy Free Spread, Gluten and Soya Free Roll
Wednesday	<u>Rainbow Pasta</u>
GF	<u>Gluten Free Rainbow Pasta</u> Gluten Free Pasta, Vegan Mayonnaise, Courgette, Red Pepper, Yellow Pepper
Thursday	<u>Chicken Fajita</u>
V / VA / P / HAL	<u>Tofu Fajita</u> Tofu S, Smoked Paprika, Garlic, Oregano, Lemon Juice, Rapeseed Oil, Wraps G
GF	<u>Gluten Free Chicken Fajita</u> Chicken, Smoked Paprika, Garlic, Oregano, Lemon Juice, Rapeseed Oil, Gluten Free Wrap
Friday	<u>Wholemeal Pizza Fingers</u>
DF / VA	<u>Dairy Free Pizza Fingers</u> Tomato Sauce, Dairy Free Cheese, Pizza Base G
GF	<u>Gluten Free Pizza Fingers</u> Tomato Sauce, Cheese D, Gluten Free Pizza Base

Week 3 - Autumn Winter - Tea Alternatives

Monday

Grated Cheddar Cheese Wraps

DF / VA

Vegan Wraps

Dairy Free Cheese, Wraps G, Dairy Free Spread

GF

Gluten Free Cheese Wraps

Cheddar Cheese D, Gluten Free Wraps, Dairy Free Spread

Tuesday

Tuna Mayonnaise Wholemeal Sandwiches

V / VA

Vegan Chickpea Mayonnaise Wholemeal Sandwiches

Chickpeas, Vegan Mayonnaise, Lemon Juice, Dairy Free Spread, Wholemeal Bread G S

GF

Gluten Free Tuna Mayonnaise Wholemeal Sandwiches

Tuna F, Vegan Mayonnaise, Dairy Free Spread, Gluten Free Bread

Wednesday

Egg Mayonnaise Wholemeal Roll

GF

Gluten Free Egg Mayonnaise Wholemeal Roll

Free Range Egg E, Vegan Mayonnaise, Dairy Free Spread, Gluten Free Roll

EF

Egg Free Wholemeal Roll

Cheddar Cheese D, Vegan Mayonnaise, Dairy Free Spread, Wholemeal Roll G

Thursday

Beetroot Dip Pitta

DF / VA

Dairy Free Beetroot Houmous

Beetroot, Chickpeas, Cumin, Garlic, Lemon Juice, Pitta G,

GF

Gluten Free Beetroot Dip, Pitta

Beetroot, Cream Cheese D, Crème Fraiche D, Cumin, Mint, Lemon Juice, Gluten Free Pitta

Friday

Tomato and Sweetcorn Pasta

GF

Gluten Free Tomato and Sweetcorn Pasta

Gluten Free Pasta, Tomatoes, Onions, Carrots, Leeks, Spinach, Garlic, Basil, Oregano, Sweetcorn